



# How to help someone in a mental health crisis

## 1. Ask how they are doing

You're not being nosy by asking how someone is doing if you're worried about them. **Don't be afraid to ask if someone is suicidal.**

**Remember:** It's easier for you to start a conversation with the person struggling, than for the person struggling to start a conversation with you.

## 3. Offer to listen

Be empathetic and allow the person to speak as much or as little as they'd like.

**Don't force a conversation,** but be available for when the person feels ready to talk.

## 2. Be calm and respectful

The patient is possibly quite scared and unsure of what's happening or why they are feeling the way they are – **it's important to stay calm and non-judgemental.**



## 4. Seek help

If you're at all concerned for someone's safety or well-being, **call 111 option 2** for mental health help.

Involve people who are known to the patient, like trusted friends or family members.

Visit mental health websites like Mind who have helpful resources to signpost to.

*Take care and be kind to yourself*

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