



# How to communicate with someone in distress

1. Be open and honest, tell the person you care about them.
2. Ask questions that show you are trying to understand what they might be going through.
3. Try to put yourself in their shoes. Listen actively and don't judge. Think before you respond.
4. Use sentences like: "Would you like to talk?", "It makes perfect sense you would be feeling like this", or "Thank you for sharing this with me."
5. Let the person say what they need to say without interrupting or giving advice. Focus on what the person is telling you, not on your own agenda. Offer options and suggestions.
6. Encourage the person to seek appropriate professional help. There are many resources for people in distress.

# What is mental health? Mental health is the ability of each of us to feel, think, and act in ways that allow us to enjoy life and deal with the challenges we face.

## TIPS TO BETTER MENTAL HEALTH

1. Know your own limits and practice self-care. You don't have to push yourself to burnout.
2. Learn who to contact for medical help, counselling, legal support, or temporary shelter.
3. Exercise regularly and move your body frequently. Choose fun activities that give you joy or satisfaction.
4. Pay attention to your body's signals: headaches, sleeplessness, mood swings, nerves and other reactions can be indicators of a deeper issue.
5. Practice good sleeping and eating habits. They are the building blocks of your health.
6. Grow and nurture your social relationships. Make the effort to maintain your connections even though you may not feel like it.

CENTRECONNEXIONS.ORG • INFO@CENTRECONNEXIONS.ORG



ConnexionsResourceCentre



ConnexionsRC