



Tip Sheet:

What to do if you are concerned about a family member

- * Your family member seems to be a danger to himself or others. You need help immediately. Dial 911.
- * Your family member is in distress or experiencing crisis. He doesn't seem to be a danger to himself or others. Call the Mental Health Mobile Crisis Team at 429-8167.
- * Tell your family member that you have noticed changes in his feelings and behaviour. You understand he is having difficulties.
- * Listen to what your family member has to say. Try to solve the problem together. You may want to connect with other family members, your church, community groups, or others for support.
- * Encourage your family member to talk with his family doctor or mental health professional. Offer to go with him to an appointment.
- * Your family member does not believe he has a problem or refuses to get help. Encourage him to talk with someone he trusts.
- * Allow your family member to stay in control. Offer him choices on how you can help him. Find out more about where he can get support.
- * Reassure your family member that it's okay to seek help, even if he thinks he can cope without it.
- * Stay positive about the future. Reassure your family member things will improve.
- * If your family member is a child or youth, talk to his school counsellor.

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