AWARENESS SAVES LIVES: RECOGNIZING WHEN SOMEONE NEEDS SUPPORT

NOTICE CHANGES

Sometimes the first sign that someone is struggling is simply that they seem different. Changes in mood, behavior, routines, or connection with others may signal that something is going on. Paying attention can be an important first step.

START A CONVERSATION

If you're concerned about someone, don't be afraid to check in. A simple, genuine question about how they're doing can open the door to a meaningful conversation and remind them that someone cares.

LISTEN WITH CARE

You don't need to have all the answers to make a difference. Give the person your attention, listen without judgment, and resist the urge to immediately fix the situation. Sometimes feeling heard is an important form of support.

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TAKE CONCERNS SERIOUSLY

If someone shares that they're struggling, avoid minimizing what they're feeling. Respond with compassion, acknowledge their experience, and encourage them to connect with additional support when needed.

KEEP CONNECTION STRONG

Connection can be especially meaningful during difficult times. Continue checking in, invite someone to spend time together, or simply remind them you're there. Small gestures can help someone feel less alone.

KNOW WHEN TO ACT

Some situations require more than a supportive conversation. If you're concerned about someone's immediate safety or believe they may be in danger, take the situation seriously and help connect them with appropriate professional or emergency support.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.