

Learn some strategies to help you choose the best words to support someone who may be dealing with a mental health issue.







Helpful things to say to someone who may be dealing with a mental health issue:

- "It is hard for me to understand exactly what you are going through, but I can see that it's distressing for you."
- "Something seems to be bothering you. Do you want to talk about it?"
- "I would like to help you. Can you tell me what might be helpful?"
- "If you don't feel comfortable talking with me, I know other resources that might help."

Things to consider when starting a conversation about mental health issues:

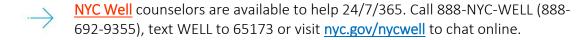
- Offer emotional support and encouragement, and be patient.
- Encourage the person to find and stick with treatment.
- Don't dismiss negative feelings or blame the person.
- Invite the person to join you in an activity, such as taking a walk or getting a coffee/tea but don't take it personally if they turn you down.

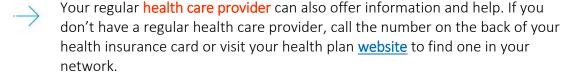


Need support for yourself or a loved one?



The <u>New York City Employee Assistance Program</u> (EAP) offers free and confidential resources, support, and referrals to employees and their family members. Call 212-306-7660, email <u>eap@olr.nyc.gov</u> or visit <u>nyc.gov/eap</u> to learn more.





Visit our website to learn more mental health well-being strategies and tips.

WEBINAR WEDNESDAYS



SAVE THE DATE! Join WorkWell NYC and the NYC EAP for two lunchtime webinars in recognition of Mental Health Awareness Month.

- May 9th | 12:30PM: Myth Busting The Facts about Mental Wellness Register at: bit.ly/MythbustingWebinar
- May 23rd | 12:30PM: What's the Big Deal About Sleep?
 Register at: bit.ly/WorkWellSleeps



Healthy Workforce. Healthy City.

nyc.gov/workwellnyc | workwell@olr.nyc.gov