

# TAKE A MINUTE CAMPAIGN

## TAKE A MINUTE TO THINK ABOUT MENTAL HEALTH.

While the conversation around mental health has grown significantly in recent years, mental health problems remain one of the biggest issues in society today. Suicide is the 2nd leading cause of death for people ages 10-34 and 1 in 5 U.S. adults experience mental illness each year.

We can all take simple actions to look after our mental health and it only takes a minute to get started, whether that's looking after your own wellbeing or reaching out to support a friend or family member.

Many people experiencing a mental health problem will speak to friends and family before they speak to a health professional, so the support you offer can be really valuable.

That is why, as a part of the Don Quick 50 campaign, a majority of our meetings in Q4 2020 will be delayed by one minute to encourage everyone to **Take A Minute to think about mental health.**

Take a look at page 2 of this document for a guide on how to support someone who may need it.

Below are links to resources dedicated to building better lives for anyone affected by mental illness.

Texas Health and Human Services: <https://bit.ly/32OFxWq>  
National Alliance on Mental Illness: <https://bit.ly/2FQYz5Q>  
National Suicide Prevention Lifeline: (800) 273-TALK

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## WHAT EMOTIONAL SUPPORT CAN I OFFER?

If someone lets you know that they are experiencing difficult thoughts and feelings, it's common to feel like you don't know what to do or say – but you don't need any special training to show someone you care about them. Often just being there for someone and doing small things can be really valuable. For example:

**Listen.** Simply giving someone space to talk, and listening to how they're feeling, can be really helpful in itself. If they're finding it difficult, let them know that you're there when they are ready.

**Offer reassurance.** Seeking help can feel lonely, and sometimes scary. You can reassure someone by letting them know that they are not alone, and that you will be there to help.

**Stay calm.** Even though it might be upsetting to hear that someone you care about is distressed, try to stay calm. This will help your friend or family member feel calmer too, and show them that they can talk to you openly without upsetting you.

**Be patient.** You might want to know more details about their thoughts and feelings, or want them to get help immediately. But it's important to let them set the pace for seeking support themselves.

**Try not to make assumptions.** Your perspective might be useful to your friend or family member, but try not to assume that you already know what may have caused their feelings, or what will help.

**Keep social contact.** Part of the emotional support you offer could be to keep things as normal as possible. This could include involving your friend or family member in social events, or chatting about other parts of your lives.