

Fox Valley Mental Health Advocacy Council

Resource Card

Where to Start for Community Mental Health

A **Trusted Advisor** is someone you feel you can go to if you need help. Your **Trusted Advisor** might be a counselor, physician, faith advisor, teacher, family member or friend. The resource card below has been provided by the Fox Valley Mental Health Advocacy Council as a pocket reminder to identify a **Trusted Advisor** before you might need one. The card is also a reminder that district.d303.org/helpinghand is a convenient location to find mental health resources, including a listing of mental health providers in the Fox Valley area.

 <p>Where to Start for Community Mental Health district.d303.org/helpinghand Resource Card Made Available by Fox Valley Mental Health Advocacy Council</p>	<p>Identify a Trusted Advisor before you need one. Talk to a Counselor, Physician, Faith Advisor, Teacher or Family Member.</p> <p>My Trusted Advisor _____ Phone # _____</p> <p>visit district.d303.org/helpinghand for more information</p> <p>Dial 911 in Emergency</p> <table border="0"><tr><td colspan="2">24-Hour Hotline Numbers</td></tr><tr><td>National Crisis Lines</td><td>800/784-2433</td></tr><tr><td>National Suicide Prevention Hotline</td><td>800/273-8255</td></tr></table>	24-Hour Hotline Numbers		National Crisis Lines	800/784-2433	National Suicide Prevention Hotline	800/273-8255
24-Hour Hotline Numbers							
National Crisis Lines	800/784-2433						
National Suicide Prevention Hotline	800/273-8255						

COMMUNICATING WITH SOMEONE WHO IS STRUGGLING

As you interact: Be Calm

Assess the situation for safety; gauge severity of emotion

Maintain adequate space between you and the person

Give firm, clear instructions

Respond to apparent feelings

Be helpful, encouraging and supportive

Avoid: Reinforcing behavior related to the person's distress

Staring at the person, this may be interpreted as a threat

Giving multiple choices, this increases confusion

Whispering, yelling, ridiculing, deceiving, touching -

this may cause more fear and lead to violence

SOMEONE STRUGGLING MIGHT...	SO YOU NEED TO ...
have trouble with reality...	be simple, truthful.
be fearful...	stay calm.
be insecure...	be accepting.
have trouble concentrating...	be brief, repeat.
be over-stimulated...	limit input.
easily become agitated...	recognize agitation.
have poor judgement...	not expect rational discussion.
be preoccupied...	get their attention first.
be withdrawn...	initiate relevant conversation.
have changing emotions...	be aware and empathetic.
have changing plans...	keep to one plan.
have little empathy...	recognize as a symptom.
have low self-esteem and motivation...	stay positive.

The material provided on this web site is for information only. It is not intended to be a replacement for medical consultation, treatment, or advice from health care professionals.