

Does Someone You Know Need Help?

Is something different?

Have there been any changes in: mood, behavior, thinking, or life events?

- Mood: Is the person more, or less, emotional than usual?
- Behavior: Have there been changes in how the person typically behaves?
- Thinking: Have there been changes in the ways the person thinks/communicates?
- Life Events: Has the person gone through any major life events lately?

React and Respond: Things you can do

- Don't be afraid to ask the person about changes
- Be patient, understanding, and listen
- Assure the person it's better not to be secretive
- Encourage the individual to seek help
- Escort the person to treatment if needed
- Avoid clichés like "It will be okay."



Brought to you by Peer Support Central Texas, a 2016 Texas A&M and Baylor Scott & White Health study in partnership with the IAFF, funded by the Hogg Foundation for Mental Health.

Peer Support Specialist:

[NAME]
[PHONE]
[EMAIL]

References and Resources:

- <http://www.iaffrecoverycenter.com/>
(IAFF Recovery Center)
- <http://www.afterdeployment.com>
(Online Self Assessments and Facts)



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