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presents

"How Do You Talk with Someone Who is Struggling?"

White Memorial Presbyterian Church
Monday, February 5, 2024

Coordinated in Partnership with White Memorial's
Mental Health and Wellness Ministry

Meet the Presenter




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Cultivating Wellness: Difficult Conversations

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Practicing Kind Curiosity



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How to Tell if Someone May be Struggling


- What does it look like?
- **All behavior is communication**

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Warning Signs: A Change in Typical Behavior


They could include a change in:




**MOOD, ATTITUDE,
OUTLOOK**



**HEALTH, APPETITE,
SLEEP**



**APPEARANCE
or HYGIENE**




**ROUTINE, HOBBIES,
ACTIVITIES**

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What can I do to help someone who may be struggling?



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Before the Conversation

Make a Plan for When and Where

Limit Distractions

Check In With Your Head and Heart

Consider What You'd Like to Say

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How Do I Have the Conversation?

Be direct, gentle, and clear

Use self-disclosure

Listen with presence and kind curiosity

Be courageous

Ask how you can help



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Taking Care of Yourself

SPIES

- Social
- Physical
- Intellectual
- Emotional
- Spiritual



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Mix and Match to Decrease Stress

Start by steadying your breath
Then choose to:

1. Count with box breathing
2. Slow down by self-holding
3. Be still with grounding
4. Release tension by engaging your muscles

And then, notice what you notice



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Be Prepared

- Educate yourself
- Take care of yourself (this cannot be emphasized enough)
- Set boundaries
- Be patient; change takes time


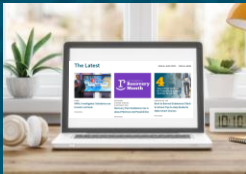


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Resources

SouthLight: 919-787-6131
National Suicide and Crisis Lifeline: 988 (call or text)
HopeLine: 919-231-4525 (call or text)
NAMI Wake crisis line: 877-626-1772
Alliance Health: (800) 510-9132
Veterans Crisis Line and Resources Text: 838255
SAMHSA's National Helpline: 800-662-HELP (4357)



southlight.org/resources

Mental Health First Aid is a training that's available for those of you who want more information about mental health, warning signs, and how to help.

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QUESTIONS

How to get help:
Call or visit our website

www.southlight.org
(919) 787-6131

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