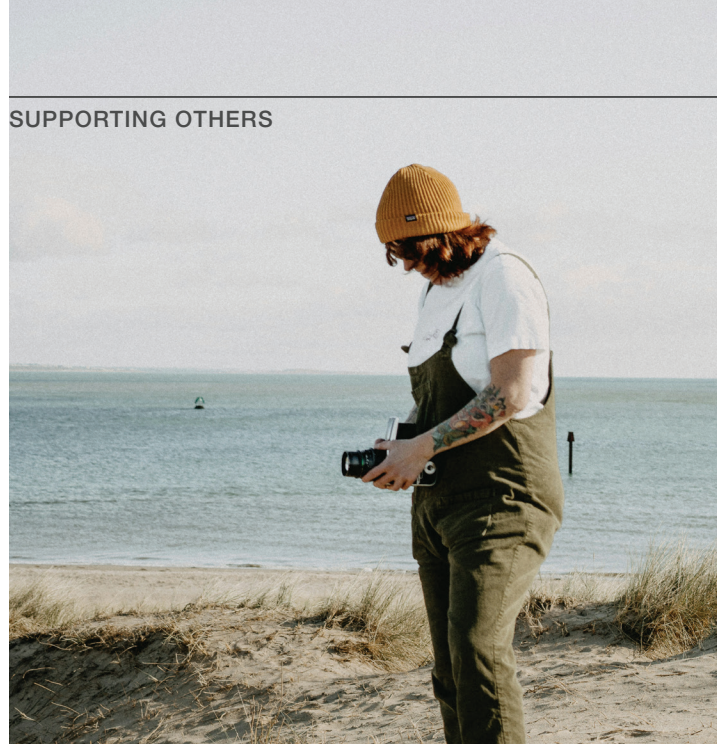


# Mental Health Awareness

## Supporting Someone Who May Be Struggling

Recognizing when someone is having a hard time and offering care can make a meaningful difference in their well-being.



## Recognizing When Someone Needs Support

Shifts in someone's behavior or mood over time may indicate they're struggling. These changes can include:

- Withdrawing from others
- Increased irritability or emotional reactions
- Decreased energy or motivation
- Difficulty concentrating
- Struggling to keep up with tasks
- Expressing worry or feeling overwhelmed

These signs don't always represent a mental health condition—but they may be a cue to check in.

## How to Offer Support

Reaching out with empathy can help someone feel seen and supported. You can:

- **Start with a simple check-in**—A gentle, private approach works best.
- **You might say:** "I've noticed you seem a little stressed lately. How are you doing?"
- **Just Listen**—Don't try to "fix" things. Give full attention. Let them share at their own pace. Avoid judgment.
- **Encourage healthy steps:** Without pressure, suggest small actions—A short walk, grounding exercises.
- **Know when to seek help:** If someone expresses feeling hopeless, overwhelmed, or not safe, encourage them to connect with professional help right away.

## What NOT to Do

Some responses are not helpful. Try to avoid:

- Pushing for details they're not ready to share
- Making assumptions about what they need
- Dismissing their feelings, changing the subject

## You Are Not Alone

Supporting someone who is struggling can be meaningful, but it can also feel challenging—and you deserve support, too. The EAP is here for you. Reach out for guidance and resources to help manage stress, relationships, and emotional well-being.