

choose kindness

The best way to help a friend is to A.S.K.

MAY IS MENTAL HEALTH AWARENESS MONTH

Learn how to support your friends and loved ones in everyday conversations.

Acknowledge

Let them know their feelings and experiences are valid, that you believe them and recognize the courage it took to come to you.

Support

Show up, listen and offer help by referring them to coping methods, additional resources and/or professional help if needed.

Keep-in-Touch

Actions speak louder – checking back in shows you really care about and hear them.

ask

Practice A.S.K. by clicking [HERE](#) so you are prepared the next time a loved one asks you for help.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).

Source: www.asktohelp.com

Scan the QR code below to take a free, anonymous, online mental health screening.

