

Sometimes you need help. Sometimes you are help.

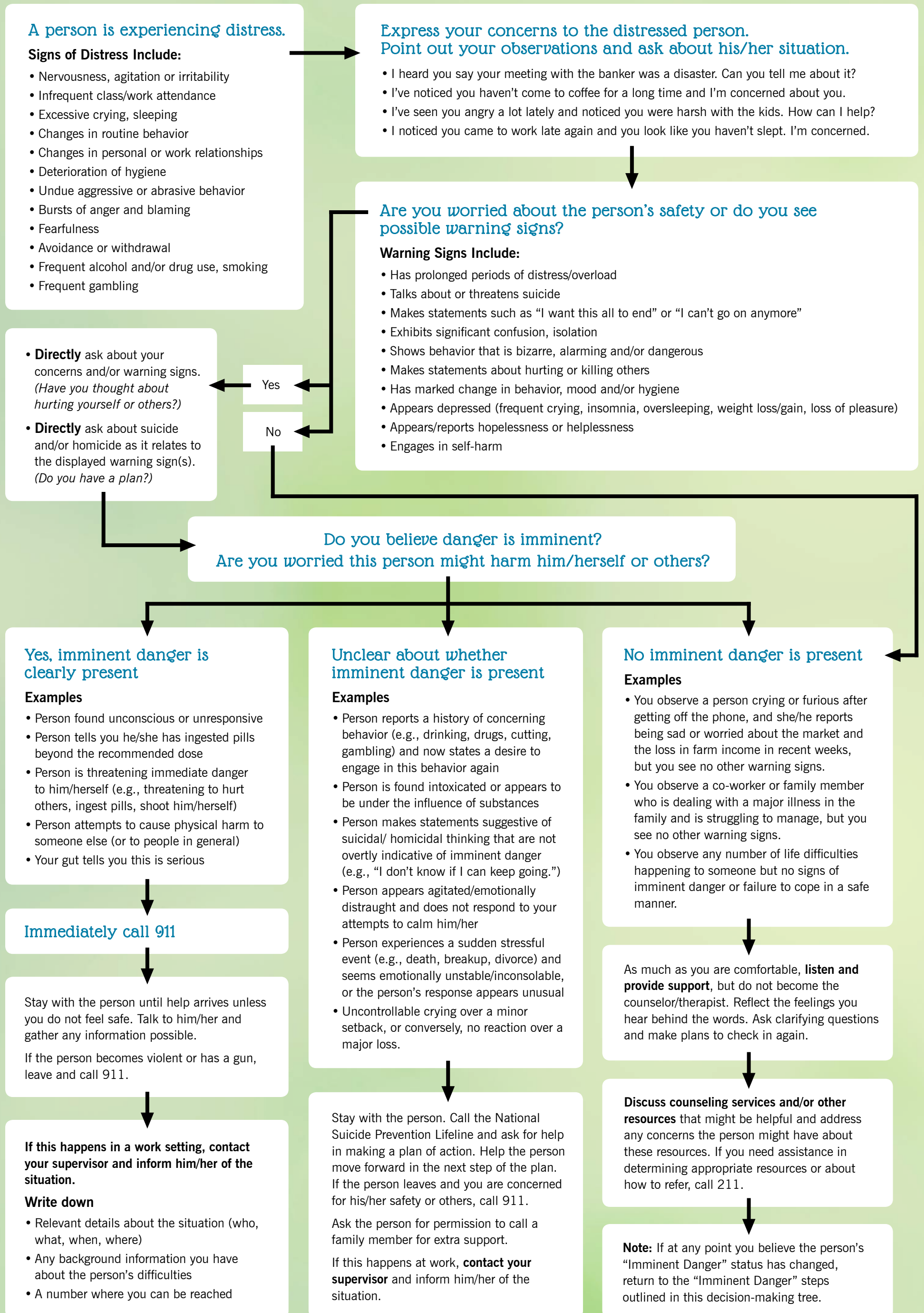
Responding to Distressed People

NDSU EXTENSION
SERVICE

North Dakota State University, Fargo, North Dakota

APRIL 2016

You want to help. As a friend, professional, family or community member, you may encounter people in distress. This information will help you know what to look for, recognize warning signs and take a course of action.



Resources

for depression and/or suicide risk:

- ❑ **Call 211:** Statewide 24-hour helpline, health and human services information and referral.
- ❑ Refer to a **local health-care provider or local mental health professional**. If you meet resistance, suggest and accompany the person to a professional you know. Some examples might be: clergy members, medically trained personnel, hospital emergency room personnel, law enforcement agencies/personnel, school counselors.
- ❑ **National Suicide Prevention Lifeline:**
1-800-273-8255 (TALK)
24-hour crisis intervention if you or someone you know are having suicidal thoughts.

The NDSU Extension Service does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

For more information on this and other topics, see www.ag.ndsu.edu

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. North Dakota State University does not discriminate on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical and mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to: Vice Provost for Faculty and Equity and Title IX/ADA Coordinator, Old Main 201, 701-231-7708. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.