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| **Learn some strategies to help you choose the best words to support someone who may be dealing with a mental health issue.** |
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| **Helpful things to say to someone who may be dealing with a mental health issue:*** *“It is hard for me to understand exactly what you are going through, but I can see that it’s distressing for you.”*
* *“Something seems to be bothering you. Do you want to talk about it?”*
* *“I would like to help you. Can you tell me what might be helpful?”*
* *“If you don’t feel comfortable talking with me, I know other resources that might help.”*
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| **Things to consider when starting a conversation about mental health issues:*** Offer emotional support and encouragement, and be patient.
* Encourage the person to find and stick with treatment.
* Don’t dismiss negative feelings or blame the person.
* Invite the person to join you in an activity, such as taking a walk or getting a coffee/tea — but don’t take it personally if they turn you down.
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| **C:\Users\sakara\Downloads\shutterstock_1075876115.jpg** | **Need support for yourself or a loved one?** |
| **C:\Users\sakara\Downloads\shutterstock_1077496748.jpg** | The [**New York City Employee Assistance Program**](http://on.nyc.gov/2g7JOLH) (EAP) offers free and confidential resources, support, and referrals to employees and their family members. Call 212-306-7660, email **eap@olr.nyc.gov** or visit [**nyc.gov/eap**](http://on.nyc.gov/2g7JOLH) to learn more.  |
| **C:\Users\sakara\Downloads\shutterstock_1077496748.jpg** | [**NYC Well**](http://bit.ly/2JvY9OC) counselors are available to help 24/7/365. Call 888-NYC-WELL (888-692-9355), text WELL to 65173 or visit [**nyc.gov/nycwell**](http://bit.ly/2JvY9OC) to chat online. |
| **C:\Users\sakara\Downloads\shutterstock_1077496748.jpg** | Your regular **health care provider** can also offer information and help. If you don’t have a regular health care provider, call the number on the back of your health insurance card or visit your health plan [**website**](http://on.nyc.gov/2FxPhHg)to find one in your network. |
|  Visit [**our website**](https://on.nyc.gov/2qifvYc) to learn more mental health well-being strategies and tips. |
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|  | **SAVE THE DATE!** Join WorkWell NYC and the NYC EAP for two lunchtime webinars in recognition of Mental Health Awareness Month. * **May 9th | 12:30PM:** Myth Busting – The Facts about Mental Wellness

Register at: [**bit.ly/MythbustingWebinar**](http://bit.ly/MythbustingWebinar) * **May 23rd | 12:30PM:** What’s the Big Deal About Sleep?

Register at: [**bit.ly/WorkWellSleeps**](http://bit.ly/WorkWellSleeps) |
| [nyc.gov/workwellnyc](http://on.nyc.gov/2AFumj1) | workwell@olr.nyc.gov |