



Learn some strategies to help you choose the best words to support someone who may be dealing with a mental health issue.



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."*

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.



## Need support for yourself or a loved one?

- The [New York City Employee Assistance Program](#) (EAP) offers free and confidential resources, support, and referrals to employees and their family members. Call 212-306-7660, email [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov) or visit [nyc.gov/eap](http://nyc.gov/eap) to learn more.
- [NYC Well](#) 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://nyc.gov/nycwell) to chat online.
- 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](#) to find one in your network.

Visit [our website](#) to learn more mental health well-being strategies and tips.

## WEBINAR WEDNESDAYS



**SAVE THE DATE!** Join WorkWell NYC and the NYC EAP for two lunchtime webinars in recognition of Mental Health Awareness Month.

- **May 9<sup>th</sup> | 12:30PM:** Myth Busting – The Facts about Mental Wellness  
Register at: [bit.ly/MythbustingWebinar](http://bit.ly/MythbustingWebinar)
- **May 23<sup>rd</sup> | 12:30PM:** What's the Big Deal About Sleep?  
Register at: [bit.ly/WorkWellSleeps](http://bit.ly/WorkWellSleeps)

  
Bill de Blasio, Mayor  
Healthy Workforce. Healthy City.  
[nyc.gov/workwellnyc](http://nyc.gov/workwellnyc) | [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov)