

ACTION EXAMPLE: YOU WITNESS A PERSON EXPERIENCING WHAT APPEARS TO BE A MENTAL HEALTH CHALLENGE OR CRISIS

What's really important about your letter or message is this:

- Say what you observed about the person who seemed to be in distress
- Say how you felt about it—this is really important
- Say what you wanted to do about it
- Say what you tried to do
- Say what you hoped would happen
- Say what actually happened
- Say what you think needs to be different, here is where it is important to talk about what MH crisis response OUGHT to look like for the community

Mental health crises can happen to anyone—you, me, a family member, a neighbor, someone from church, someone at the grocery store—it's important to speak up when you see these happening. Describing your personal experience as a community member trying to help—is really, really important.

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