

Supporting someone in a Mental Health crisis



At times, supporting someone with poor mental health or someone in crisis can be tricky.

Knowing what to say, where to signpost or what to do is important. We have therefore developed an easy to use 'Supporting someone who is experiencing poor mental health/ In mental health crisis guide'.

This guide can help you through these conversations and is a great asset in workplaces, organisations and communities.

To download the guide visit - <https://dccmhsp.com/CrisisGuide>