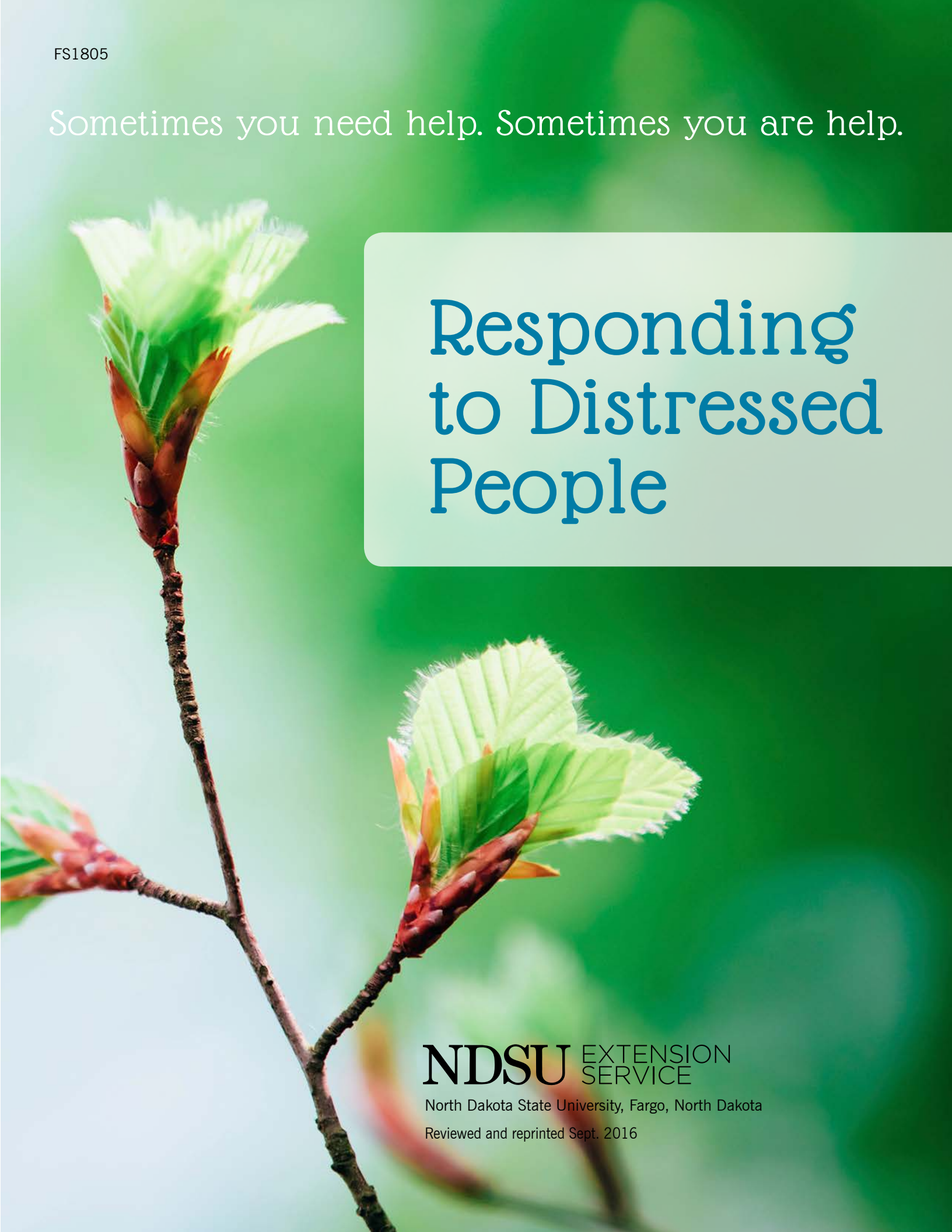


Sometimes you need help. Sometimes you are help.



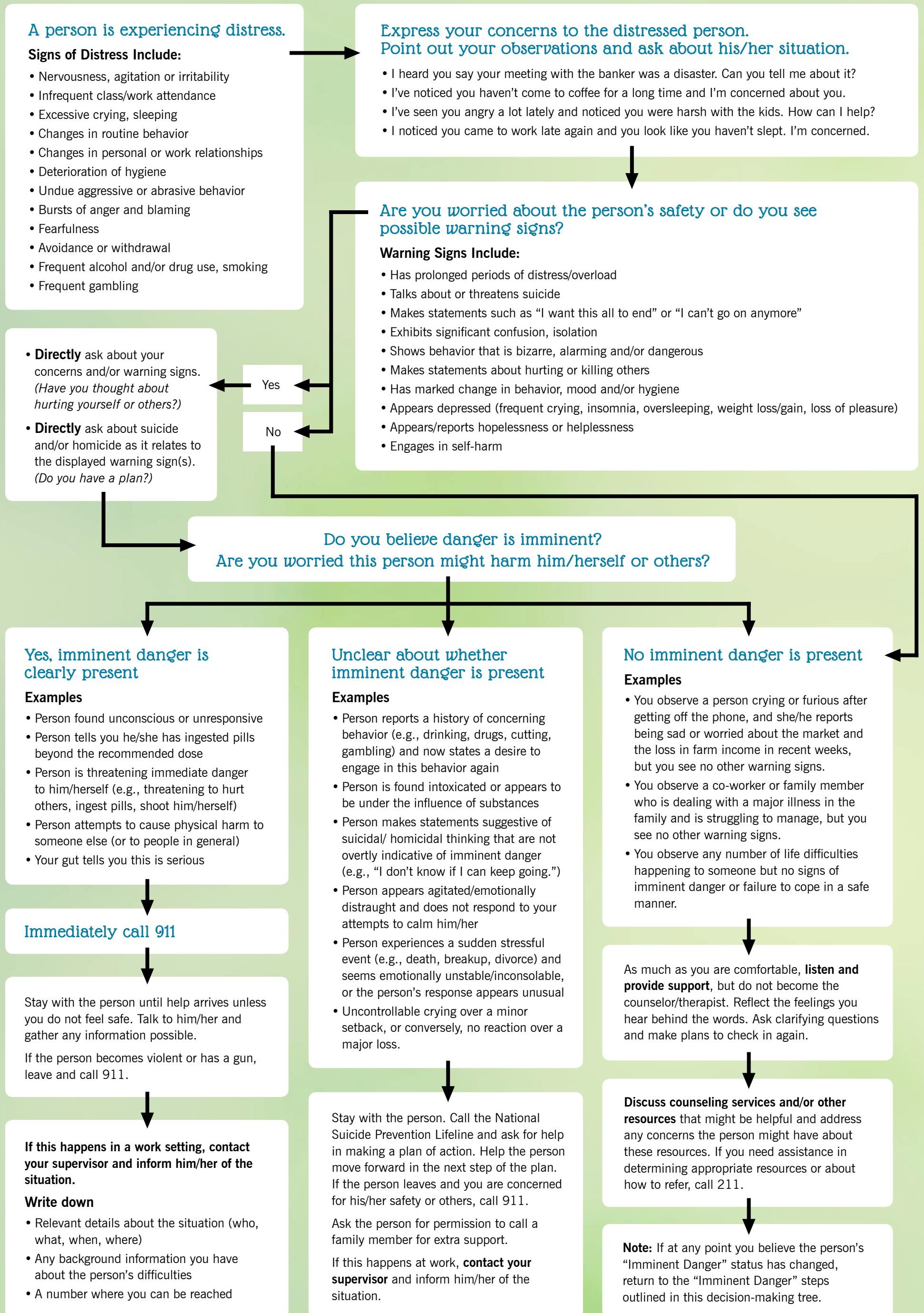
# Responding to Distressed People

**NDSU** EXTENSION  
SERVICE

North Dakota State University, Fargo, North Dakota

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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.

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