



# Managing Stress and Pursuing Wellness in Times of Tight Margins

## Brief Lesson 4

# What Can I Do to Help?

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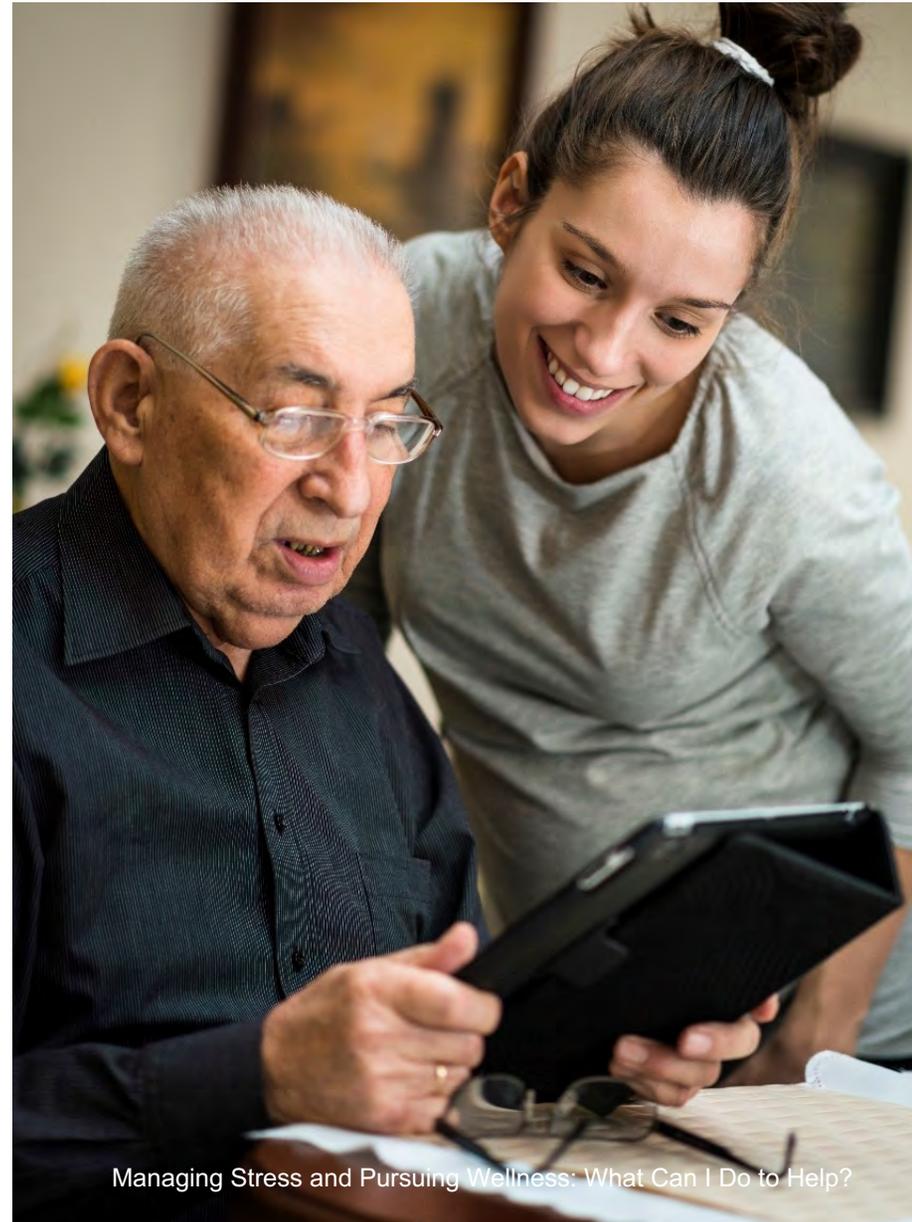
# What can I do to help?

- Be cautious in talking to a person under the influence of drugs/alcohol.
- Avoid using labels.
- Consider the person's personality and potential resistance to help.
- Be gentle and kind.
- Avoid a confrontational approach.
- Encourage and model positive coping strategies.



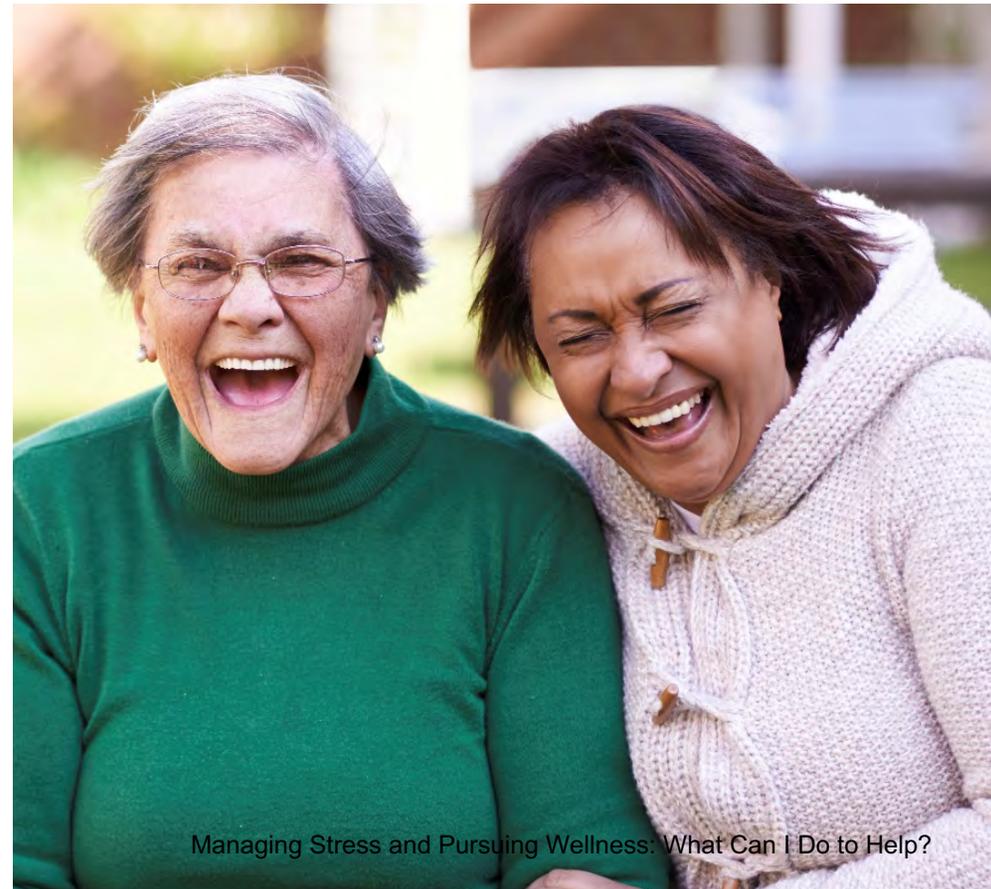
# What can I do to help?

- Be consistent and patient in your expression of concern.
- Be direct in your approach.
- Exhibit a nonjudgmental attitude.
- Give specific examples of behaviors that concern you.
- Use statements such as, “I am concerned about **you.**”



# What can I do to help?

- Be aware of resources and be prepared with referral information.
- Don't be discouraged if the person is not ready to accept your assistance.
- Don't worry if you don't say things perfectly.
- Encourage the person to get proper professional assistance from a primary-care doctor.



# Key Resources – Mental and Emotional Health

- **Call 2-1-1** – Statewide 24-hour helpline, health and human services information and referral
- **Refer to a local health-care provider or mental health professional.** If you or someone you know needs help, contact and connect with a local professional such as a clergy member, medical professional, law enforcement, school counselor or social worker.
- **National Suicide Prevention Lifeline:**  
1-800-273-8255 (TALK)

Visit the K-State Families website for more information about families and stress:  
[www.ksre.ksu.edu/families](http://www.ksre.ksu.edu/families)

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**Lesson Introduction – Managing Stress and Pursuing Wellness in Times of Tight Margins**

**Brief Lesson 4 – What Can I Do to Help?**

- Briefly identify the lesson topic. If planned, take a few moments to share your perspective on the importance of being a support to others and extending help and understanding to individuals dealing with farm or ranch stress.
- Individuals in farming and ranching may be reluctant to seek assistance or support for a variety of reasons. Identifying barriers to assistance for a particular individual may be important.
- If you have identified barriers that stand in the way of access to mental health support and treatment for yourself or someone you know, take steps to reduce the barriers and get assistance.

## What can I do to help?

- Be cautious in talking to a person under the influence of drugs/alcohol.
- Avoid using labels.
- Consider the person's personality and potential resistance to help.
- Be gentle and kind.
- Avoid a confrontational approach.
- Encourage and model positive coping strategies.

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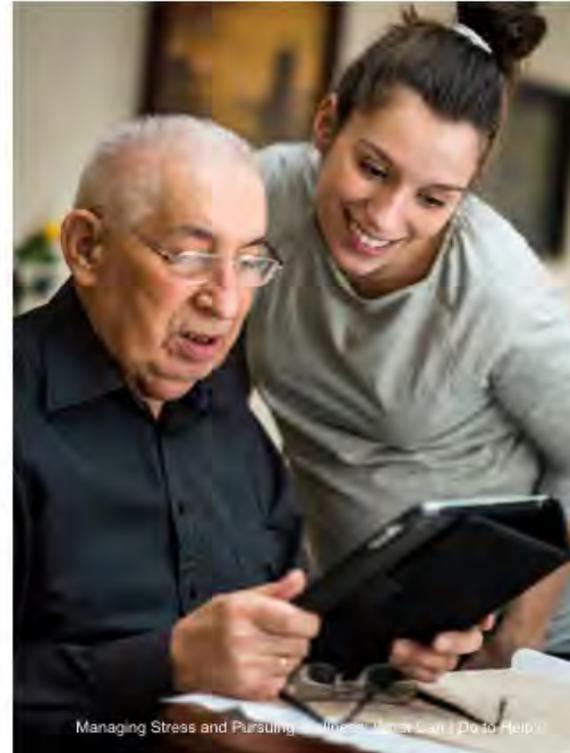


### Key Points:

- Explore how you might take action or approach an individual with each of these suggestions.
- This may be a time to involve a question-and-answer session with a local mental health professional or physician.
- Suggestions for extending help or support include:
  - Be cautious in talking to the person if he/she is under the influence of drugs or alcohol.
  - Avoid using labels because they may carry a heavy stigma.
  - Take into consideration the person's personality and potential resistance to help.
  - Be gentle and kind in your interactions with the person. Express calm support.
  - Avoid using a confrontational approach.
  - Encourage and model positive coping strategies.

## What can I do to help?

- Be consistent and patient in your expression of concern.
- Be direct in your approach.
- Exhibit a nonjudgmental attitude.
- Give specific examples of behaviors that concern you.
- Use statements such as, “I am concerned about **you.**”



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### Key Points

- Explore how you might take action or approach an individual with each of these suggestions.
- Suggestions for extending help or support include:
  - Be consistent and patient in your expression of concern without exerting undue pressure.
  - Be direct and treat the individual as an adult.
  - Give specific examples of behaviors or attitudes that concern you.
  - Express a nonjudgmental attitude but share concerns openly.
  - Use statements such as, “I am concerned about you.”

## What can I do to help?

- Be aware of resources and be prepared with referral information.
- Don't be discouraged if the person is not ready to accept your assistance.
- Don't worry if you don't say things perfectly.
- Encourage the person to get proper professional assistance from a primary-care doctor.



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### Key Point

- Explore how you might take action or approach an individual with each of these suggestions.
- Suggestions for extending help or support include:
  - Be aware of the agencies and resources available in your community, their services and referral information for them.
  - Listen for signs that the person or family needs help that you can't provide (financial, legal or personal counseling).
  - Assess what agency or community resource would be most appropriate to address the person's (or family's) concerns.
- Discuss a referral with the person or family if needed: ("It sounds/looks like you are feeling \_\_\_\_\_. I think \_\_\_\_\_ could help you deal with your situation.")
- Don't worry if you don't say things perfectly. What is important is you convey your message of concern and express your willingness to help.
- Don't be discouraged if the person is not ready to accept some assistance. Express support and patience.
- Encourage a person to get proper professional assistance from a primary-care doctor, mental health professional or other trusted professional source.

## Key Resources – Mental and Emotional Health

- **Call 2-1-1** – Statewide 24-hour helpline, health and human services information and referral
- **Refer to a local health-care provider or mental health professional.** If you or someone you know needs help, contact and connect with a local professional such as a clergy member, medical professional, law enforcement, school counselor or social worker.
- **National Suicide Prevention Lifeline:**  
1-800-273-8255 (TALK)

### Key Points

If an individual feels a need to access mental health support or services, or if a person feels concern about an individual he/she knows who is under stress and may have difficulty coping or is suicidal, the resources listed here provide a starting point for information in North Dakota. Other states should identify helplines or other resources of use in that state.

Visit the K-State Families website for more information about families and stress:  
[www.ksre.ksu.edu/families](http://www.ksre.ksu.edu/families)

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