

First aid kit for the soul

How you can help in an
emotional crises



1.
Reach out to
one another



2.
Take your time



3.
Avoid overdoing
well-meaning advice



4.
Listen, talk to each other
or sit quietly



5.
Simply be there,
and be patient



6.
Don't judge



7.
Know your
own limits



8.
Make a note of
emergency numbers



9.
If necessary,
get help



10.
Don't be offended if your
help is not accepted

pro mente | **austria**

Together for mental health.

You don't need a first aid kit, medication or a defibrillator to give first aid for the soul. You already have everything you need: your voice, your ears, your eyes, your hands and your intuition.

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