

Ally

“For those who are supporting someone who is experiencing a challenging time - be patient with them, be kind to yourself, and it is okay to not know what to say.

Sometimes just being present for your loved one is simply enough.”

- Margret Reinmann, Counselor LPCC-S

WHAT SHOULD I DO?



Listen:

Just being present and lending a non-judgmental ear can be enough.



Write:

If you don't know what to say or how they might react, write a letter which they can process in their own time & get back to you.



Scale:

Give them a scale (1-10) to describe how they feel today. This makes it less overwhelming to describe complex feelings and emotions.



Consistency is key:

Consistently check-in with them even if the stressful event is over. Set reminders on your phone or calendar if needed.

Ask them what they need:



Give them options! Do they need to talk or do they need to forget about it for awhile? Do they want to go on a walk, watch a movie together, or another favorite activity?

Normalize saying “do you want me to help find a solution or do you want me to just listen?”

Resources

For a complete list of recommendations, visit bethelightcampaign.org/resources.

BOOKS

- Set Boundaries, Find Peace: A Guide to Reclaiming Yourself (Nedra Glover Tawwab)
- The Origins of You: How Breaking Family Patterns can Liberate the Way We Live and Love (Vienna Pharaon)
- Adult Children of Emotionally Immature Parents (Lindsay C Gibson)
- The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma (Bessel Van Der Kolk)
- It Didn't Start with You (Mark Wolynn)
- Unf*ck your Anxiety: Using Science to Rewire your Brain (Faith Harper)
- Let That Sh*t go (Monica Sweeny)
- Practicing Mindfulness: 75 Essential Meditations (Matthew Sockolov)
- A Good Cry: What we learn from tears and laughter (Nikki Giovanni)
- I Hate You, Don't Leave Me: Understanding the Borderline Personality (Jerold J Kreisman)

PODCASTS

- Not Another Anxiety Show
- Dear Therapists
- Brown Girl Self-Care Podcast
- Therapy for Black Girls
- Happier with Gretchen Rubin
- Griefcast
- The Anxiety Coaches Podcast
- Latinx Therapy
- The Positive Psychology Podcast
- Inside Mental Health
- The Trauma Therapist Podcast
- The Courageous Life
- We Can Do Hard Things
- Meditation Minis

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MENTAL HEALTH WARRIOR:

Anyone struggling with their mental health

MENTAL HEALTH ALLY:

The warrior's support system

MENTAL HEALTH RESOURCE AND PLANNING GUIDE

FOR THE WARRIOR & ALLY

LEARN MORE

Warrior

"If you're hurting, even though it might be hard, try to find that bravery within yourself to go tell somebody." - Lady Gaga

WHY DO I NEED A PLAN?



From a young age we are taught to have a plan in case of an emergency if our house catches fire or if a stranger approaches. Yet few talk about having a Mental Health Plan in case of a crisis.



Create Emergency Contacts:

Add national helplines and local clinics as contacts in your phone.



Support System & Code Words:

Think "who would be the person I contact in a time of crisis?" Now think of 2-3 more. Set up code words with them in case you don't have the time, energy or right words to describe what you are feeling.



Create a Digital Safe Space:

Cleanse your social media by unfollowing or muting accounts that trigger you. Schedule time to check social media and set limits to reduce "doom scrolling."



Create a Physical Safe Space:

Take 5 minutes to reduce visual clutter, get rid of items that no longer serve you, and fill your space with things that you love - photos, plants, etc.



988 - Suicide & Crisis Lifeline

Available 24/7, 365 days a year
Anonymous & free
Help in the moment you need it

Plan

Emergency Contact #1 _____

Emergency Contact #2 _____

Emergency Contact #3 _____

Code words & what they mean:

- _____
- _____
- _____
- _____

What do I feel more comfortable with? (circle one)

In-Person Therapy / Online Therapy / Alternative Therapy

Who do I feel more comfortable speaking with?

Male / Female / LGBTQ+ / Person of Color / No pref

Any specific topics I'm looking for? (circle any that apply)

Depression / Anxiety / Insomnia / Eating Disorder
Substance Abuse / Self-harm / Grief / Domestic Abuse
Transitioning / Life-Planning / Other

List out your (known) symptoms:

Additional prep check-List: (cross off as you complete)

1. Set up emergency contacts & code words.
2. Research & Contact Your Selected Therapist / Group
3. Attend 1st Appointment & Schedule 2nd
4. Create a digital safe space
5. Create a physical safe space
6. Know that you are loved, cared for & not alone.

Resources

For a complete list of resources, visit bethelightcampaign.org/resources.

NATIONAL URGENT PHONE/TEXT

- National Suicide Prevention Lifeline: 988
- Adult Crisis Hotline: 614.276.CARE (2273)
- Ohio CARELine (free emotional support): 1.800.720.9616
- Young People of Color in Crisis: Text "STEVE" to 741.741
- Trans Lifeline: 877.565.8860
- Crisis Text Line: www.crisistextline.org or text "HOME" to 741.741
- Trevor Project (for LGBTQ young people): 1.866.488.7386 or text "START" to 67-678

LOCAL URGENT RESOURCES

- Netcare Access: 199 S Central Ave, Columbus, OH
 - Mental health and substance abuse crisis services
 - Walk-in psychiatric evaluation, crisis management, and linkage to resources
- Nationwide Children's Youth Psychiatric Crisis Line 24/7
 - Call 614-722-1800 for non-life threatening mental health crisis services
 - Triage services for mental health care and next steps to appropriate services for 17 and younger.

COLUMBUS PSYCH HOSPITALS:

- **Columbus Springs East:** <https://columbusprings.com/>
- **Dublin Springs:** <https://columbusprings.com/>
- **Mount Carmel Behavioral Health:** <https://www.mountcarmelbehavioralhealth.com/>
- **Nationwide Children's Behavioral Health Services:** <https://www.nationwidechildrens.org/specialties/behavioral-health>
- **Ohio Hospital for Psychiatry:** <https://www.ohiohospitalforpsychiatry.com/>
- **Ohio State Harding Hospital:** <https://wexnermedical.osu.edu/locations/ohio-state-harding-hospital>
- **RiverVista Behavioral Health:** <https://newvistahealth.com/location/behavioral-health/inpatient-psychiatric-facilities/columbus/>
- **SUN Behavioral Health:** <https://suncolumbus.com/>