

HELP-SEEKING

Help-seeking goes beyond mental health professionals.



You don't need to be in psychological distress to seek help!



WHAT IS HELP-SEEKING?

Help seeking is **not** just seeking a mental health professional- **it goes beyond this!**

It includes reaching out to others (friends, family, a professional, online communities, etc.) for **support**.

Help-seeking is **more than just psychological!** It can happen in many different ways, all of which can support you in **stress management, coping, and building mental health resilience.**

REMEMBER: YOU DON'T NEED TO BE IN PSYCHOLOGICAL DISTRESS TO SEEK HELP!¹



In fact, **early help-seeking** can help you cope with challenging daily hassles by providing you with the support needed to **avoid** the overwhelming feeling of not being able to manage it all on your own.

Most people think you only seek help in moments of **crisis**. In fact, it's best to do it **preventatively!**



Talk to friends, family, your Local Wellness Advisor, etc., **before** things get really bad.

HOW TO START THE CONVERSATION WITH FRIENDS OR FAMILY:

1. **Plan** what you are going to say
2. Have **realistic expectations** for how others might respond
3. **Test the waters**
 Start opening up a little to a friend or family member and wait for their reaction
4. Be open to engaging with **different people**
 Different people might be helpful for different kinds of problems



WHEN FAMILY IS UNSUPPORTIVE

Keep in mind this is not personal to you.

In many different cultures and contexts, there is tremendous **stigma** and **misunderstanding** around student mental health and wellness. Below are a few tips to help you talk to your family about your difficulties.



Be clear about how you're feeling

Refer to **our resource on Effective Communication** for tips on how to communicate clearly and effectively

Consider writing them a letter or email

To give them time to reflect before providing you with a response.

Where possible, share credible information about what you're struggling with

E.g., **Harvard Health**, or **this PDF from Stanford Medicine**

Be prepared to accept that they may not be able to support you

In that case, you should seek support elsewhere ⁵.

HELP-SEEKING RESOURCES

PREVENTATIVE/SUPPORTIVE HELP ⁴

- Family and friends
- McGill Peer Support
- Your Local Wellness Advisor
They will help you determine the kind of help you need & connect you to the appropriate resources
- Vent Over Tea
Started by McGill students
Free active listening sessions
- 7 Cups
Connects you to free 24/7 online support

Click on the underlined resources to be redirected to their web pages!

MENTAL HEALTH CRISIS HELP

When day-by-day functioning is **significantly** and **persistently** inhibited

- Crisis Services Canada (Suicide prevention and support)
- Face à Face (Montreal listening and intervention center)
- Ami Quebec (Quebec non-profit)
- Keep.meSAFE
- McGill Student Wellness Hub
- Other professional help



Note: When speaking with a mental health professional, **be honest. Don't hold back** what's going on.



For a **complete list of references** check out the Reference List page at www.engineeringresilience.ca

Contact us for more information at engineeringresilience.education@mcgill.ca

