



# THE ALLIANCE PROJECT

## 5 Steps to Assisting Someone in Distress

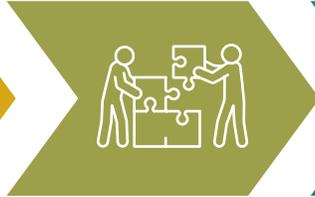
IDENTIFY  
DISTRESS

BREAK  
THE ICE

BUILD  
RAPPOR

SHARE INFO  
& MAKE PLAN

FOLLOW  
UP



### Why is this important?

**2ND LEADING CAUSE OF DEATH**  
IN THOSE 10 TO 34 YEARS OLD

**48,344 INDIVIDUALS DIED**  
BY SUICIDE IN 2018

**233 PSYCHIATRISTS**  
IN MISSISSIPPI

**YOU MAY BE THE MOST VALUABLE  
RESOURCE TO ANOTHER PERSON.**

### THE GOOD, THE BAD, & THE STRESSFUL

**Stress:** common bodily reaction to a demand or anticipated demand

**Good vs. Bad:** Stress can be motivating but can also grow into distress

**Distress can lead to:** sleep difficulties, feelings of helplessness and "not belonging", social withdrawal, & decline in daily functioning.

### BREAKING THE ICE

**Why is it uncomfortable to approach someone in distress?**

It will be uncomfortable to engage with people you are concerned about...even if you know them well.

#### HOW TO:

1. State things that are observable
2. Review concerning statements or behaviors "I heard you say..., I notice that..."
3. Use something in the environment to engage with the person about

### SKILLS TO BUILD RAPPOR

#### UNCOMMONLY ATTENTIVE

- Paying more attention than you usually would
- Summarizing/Paraphrasing back to the person

#### COURTEOUS BEHAVIOR

- Demonstrate concern and respect for their distress
- Show empathy, kindness, and ask for clarification

#### FIND COMMON GROUND

- What are their interests?
- Utilize appropriate self-disclosure

#### CONNECT

- Help the person feel "not alone"
- Help them feel supported and heard

### RESOURCES

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1.800.273.8255  
Text Line: Hello to 741741  
Persons of Color: Text STEVE to 741741

**DATING ABUSE & DOMESTIC VIOLENCE**  
1.866.331.9474  
Text Line: loveis to 22522

**TREVOR PROJECT-LGBTQ+**  
1.866.488.7386  
Text Line: 678678

**VETERANS CRISIS LINE**  
1.800.273.8255 and Press 1

**NATIONAL VICTIMS OF CRIME**  
1.855.484.2846  
Chat option at: <https://chat.victimsofcrime.org/victim-connect/>

### What if I mess up? Just be authentic!

#### HELPFUL:

- Be direct and open
- Acknowledge mistakes
- Be nonjudgemental
- Show interest and support

#### UNHELPFUL

- Being sworn to secrecy
- Act shocked or upset
- Protecting your personal life
- Debating the value of life

For More  
INFO

For more information or to request a FREE presentation for an organization, please contact: **Rachel-Clair Franklin** at [rfranklin@psychology.msstate.edu](mailto:rfranklin@psychology.msstate.edu) or 662-325-3202



**MISSISSIPPI STATE UNIVERSITY™**  
DEPARTMENT OF PSYCHOLOGY