If you or someone you know is in crisis, please call 911 or go to the nearest emergency room.

When someone you care about is struggling, it can be hard to know what to do. Here are some steps you can take to help:

1. **Recognize the signs**: Look for changes in behavior or mood. Signs could include withdrawal from social activities, increased alcohol or drug use, or changes in eating habits.

2. **Encourage professional help**: Encourage them to reach out to a mental health professional. This could be a therapist, counselor, or psychiatrist.

3. **Set clear boundaries**: It's important to set boundaries to protect your own well-being.

4. **Support them**: Be there for them, listen, and offer support. Let them know you care.

5. **Help them create a safety plan**: This includes identifying who they can call in an emergency and what steps they can take to protect themselves.

6. **Follow up**: Check in regularly to see how they are doing and offer to help them continue to seek professional help.

Remember, it's okay to ask for help and seek support for yourself. There are resources available to help you and your loved ones.

If you or someone you know is in immediate danger, do not wait. Call 911 or go to the nearest emergency room.