

# Supporting someone you love who is in a financial crisis



A business shutting down, losing a job, mounting debt, an uncertain future, etc. When a person's financial situation skids out of control, the impact goes far beyond their bank account.

A person you love may feel:

- Ashamed, powerless
- Worthless, isolated
- Exhausted or at a dead end

If they talk to you, even indirectly, a door has been opened. Your concern and compassion could prevent them from sinking into deeper despair.

## How can you reach out to the person?

Here's how you can help them:

- Listen to them without interrupting or judging.
- Remind them that they are not alone and that their situation can get better.
- Encourage them to contact their financial institution to get a clear picture.
- Suggest that they write down their income and expenses with the help of a budget specialist.
- Encourage them to look at their bank statements, even if it's a hard thing to do.
- Be honest about what you can and can't do to help.
- Guide them towards specialized resources that will know how to help them.

## Are you in this situation?

You're going through a period of enormous stress? You're exhausted and feel like you're in a dead-end situation? There are free and confidential resources to help you see more clearly. Talking about it is the first step to feeling better.

### 811, option 2

Specialists in psychosocial intervention

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**1 866 APPELLE (277-3553)**

24/7 suicide prevention helpline

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**AppSanteMentale.ca/en**

Website with excellent mobile apps

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**santelaurentides.gouv.qc.ca**

Consult the **mental health** page for resources and support services in the Laurentians.

