

# What should I do if I see signs of stress, anxiety or depression in someone?

Reference path for **Pathfinders**

## I have seen signs in someone and ...

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### MY EMPATHIC LISTENING AND MY INITIAL SUPPORT

ARE ENOUGH

If I feel comfortable and the person wants it, I can :

- **Demonstrate empathic listening** to the person ([see tool](#))  
→ Often, feeling listened to can make a person feel better
- **Encourage the person to be in touch with members of their circle**  
Family, friends, colleagues, neighbours, etc.
- **Share strategies**  
To deal with their stress ([see tool](#))
- **Share concrete ways to take care of themselves** ([see tool](#))

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### I THINK THAT THE PERSON NEEDS A REFERRAL

TO RESOURCES

If I feel comfortable and the person wants it, I can :

- **Share community resources** through my local resource directory
- **Share helplines and referral websites** ([see tool](#))

If I need help for the referrals and the person wants it, I can :

- **Contact my relay team** by email so that they can **help me find the right referral** for the person ([see procedure](#))

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### I AM WORRIED ABOUT THE PERSON'S SAFETY

OR THAT OF SOMEONE ELSE

This is therefore an **URGENT SITUATION** that cannot wait for delayed help from my relay team

I can therefore contact :

- **911**
- The Suicide Prevention Centre  
**1 866 APPELLE (277-3553)**
- **Info Social - 811 (option 2)**  
to get professional support 24/7

→ If I contact an emergency resource, I will try to **inform the person involved** and **get their verbal consent** if possible

I can also :

- Direct the person to the **walk-in psychosocial services** at the nearest CLSC