

# Are you concerned about someone and want to know how you can help them?

Here are some ideas but remember you can call Spruce Run's Hotline anytime to talk about how to be helpful and to get support for yourself. You can also take a look at our website for more information.

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- ✓ Listen & Believe
- ✓ Respect their choices
- ✓ Ask if they need help
- ✓ Provide resources and referral information
- ✓ Offer a safe space to talk
- ✓ Help them plan for safety