

Mental Health *and* Parasocial Relationships

Tips on how to respond community members in struggling or going through a tough time while maintaining parasocial boundaries.



**American
Foundation
for Suicide
Prevention**

Receiving messages about someone's mental health can be challenging. It's important to approach the situation with empathy and care, while also maintaining appropriate boundaries.

<p>Livestream Chat & Discord Server Bot Command Suggestion</p> <p>!mh, !gethelp</p>	<p>Please know that you are not alone, and help is available. If you're struggling, please call the 988 Lifeline or text TALK to 741741 at the Crisis Text Line. For additional resources, check out American Foundation for Suicide Prevention's website at afsp.org/gethelp or at findtreatment.gov.</p>
<p>Livestream Chat & Discord Server Bot Command Suggestion</p> <p>!mh, !gethelp</p>	<p>I am sorry you're feeling this way. It's important to reach out to a mental health professional or a crisis hotline. Help is available, no matter where you're living. AFSP has resources at https://afsp.org/gethelp and you can find crisis lines from all over the world at https://iasp.info/resources/crisis_centres.</p>
<p>Discord Server [Info Section]</p> <p>Note: <i>Written for Discord Markdown</i></p>	<p>**# Mental Health Help & Resources**</p> <p>**Immediate help:** Crisis Text Line: Text TALK to 741-741 988 Suicide & Crisis Lifeline: 988 or 988lifeline.org</p> <p>**For a person who needs resources:** <https://afsp.org/gethelp></p> <p>**Local mental health resources** <https://www.findtreatment.gov/> <https://findahelpline.com/i/iasp></p>
<p>Social Media Comment Response</p>	<p>You are not alone. Please call @988Lifeline or reach out to the @CrisisTextLine by texting TALK To 741741. They've got your back.</p>
<p>Direct Message Response</p>	<p>Hello [Name], I am sorry you're feeling this way. It's important to reach out to a mental health professional or a crisis hotline. Help is available, no matter where you're living. AFSP has resources at https://afsp.org/gethelp and you can find crisis lines from all over the world at https://iasp.info/resources/crisis_centres.</p>