

# General Public: Persons Experiencing Anxiety

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## Action

It is important to reach out to persons with anxiety. Simply initiating a conversation can help the person feel less alone and more supported.

- Create a calm and reassuring environment
- Offer to help with tasks or activities that may be causing their anxiety
- Encourage to seek professional help and offer to provide resources or assistance

## Speech

As we converse with the person, try to understand the issues causing them to be anxious. There are many anxiety-based thoughts that everyone faces from time to time.

For example, the fear of being judged. Being empathetic and supportive is helpful.

**You may  
say**

***I can see that this is a really hard time. How can I help?***

**Avoid  
saying**

***Just snap out of it.***



Unhelpful words can shut down the conversation

## Speech

**You may  
say**

- *I'm here to help you through this.*
- *There is hope for improvement.*

**You may  
say**

- *I see that this is causing you a lot of anxiety*
- *Have you tried managing these feelings before? What have you tried?*

## Safety

Check in with the person regularly to monitor their well-being. If the person's anxiety escalates, take steps to ensure their safety and remove them from any potential triggers.

Encourage the person to practice self-care techniques such as deep breathing or meditation to manage their anxiety.