

## OUR MISSION STATEMENT

At Mental Wellness and Cosplay, our mission is to empower the cosplay and convention community by promoting mental health awareness, providing wellness education, and fostering inclusive spaces for healing and connection. We strive to break the stigma around mental health, support neurodiverse individuals and those navigating Substance Use Disorders, and celebrate cosplay as a transformative tool for recovery, growth, and community building through engaging panels, activities, and resource connections.



## WHERE TO GET HELP

### **Suicide and Crisis Lifeline - 988**

A free, confidential, 24/7 hotline that connects callers with mental health professionals.

### **Veterans Crisis Line - 988 option 1**

24/7, confidential crisis support for Veterans and their loved ones.

### **SAMHSA's National Helpline - (800) 662-4357**

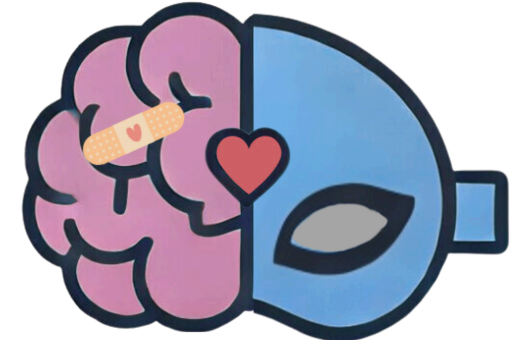
Get help for mental and substance use disorders, prevention, and recovery.

### **Crisis Text Line - Text "4hope" to 741-741**

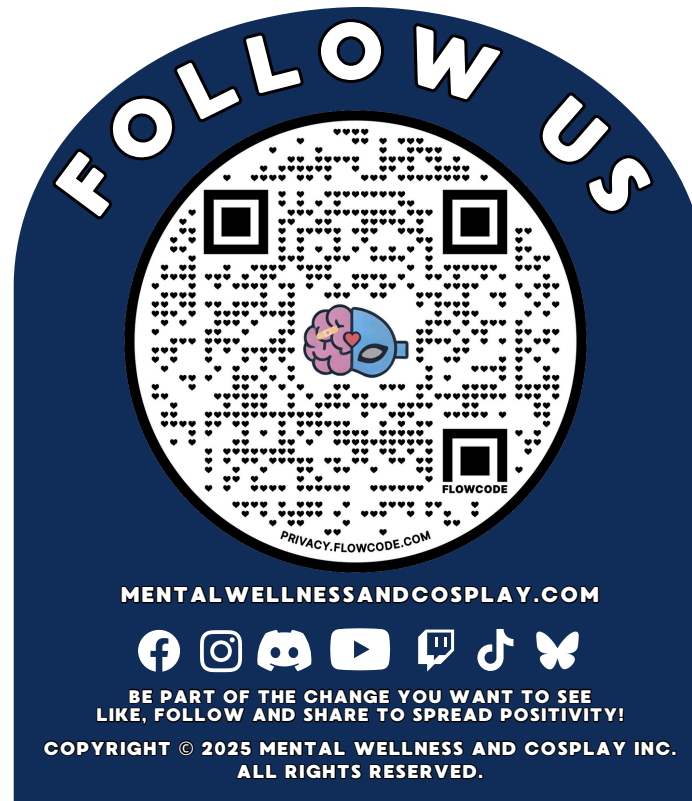
Ohio's Department of Mental Health and Addiction Services free, 24/7 crisis support.

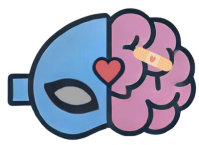
## WHAT TO DO IF A FRIEND IS HAVING A CRISIS?

## MENTAL WELLNESS



## AND COSPLAY





## BE A R.E.A.L. SUPER FRIEND

### R - Recognize

Pay attention to the signs of mental health struggles in yourself and others. Changes in mood, behavior, or even physical symptoms can be indicators that something is wrong.

### E - Engage

Don't be afraid to start a conversation. Approach the person with empathy and concern. A simple "How are you really doing?" can open the door to a much-needed discussion.

### A - Assist

Offer support by helping them find resources, whether it's a therapist, self-help materials, or just being there to talk. You don't have to solve their problems; just be there to support them.

### L - Listen

Sometimes, the best thing you can do is listen. Be present, avoid interrupting, and let them share what they're going through without judgment. Your attentive ear can be a lifeline.

# WHAT TO DO IF A FRIEND IS HAVING A CRISIS?

### S - Steer

When professional help is needed, guide them to the right resources. Whether it's suggesting a therapist or providing information on a crisis hotline, this step can be life-changing.

### F - Follow Up

Check in regularly. A simple message or call shows that you care and that they're not alone. Continued support is vital in their journey to recovery.



## CONCLUSION

In a world where mental health is often overlooked, knowing how to offer support is crucial. The **R.E.A.L.S.F.** framework provides a simple, effective way to make a difference.

By following the **R.E.A.L.S.F.** approach, you can offer meaningful support to someone who might be struggling with their mental health.

### Why This Matters

Small actions can make a big difference. Your willingness to listen, show empathy, and guide someone toward resources can be a vital step in their journey to healing.

### You Don't Need to Be an Expert

You don't have to have all the answers. The most important thing is to show that you care. Often, just being present and compassionate is enough to make someone feel less alone.