

What do you do when someone appears to need help?

1. Do not try to diagnose or treat your friends and colleagues or clients.
2. Do not jump to conclusions- the person may have suffered a sudden loss or injury etc.
3. Talk with the person and ask some caring questions.
4. Come up with a plan with the person to tackle issues.
5. Call the OAAP we can help by counseling a person in crisis, helping evaluate what is wrong, referring them on for longer term counseling, treatment and other forms of help and support. We have a directory of referral sources.
6. If the person is impaired due to alcohol/drug/mental health, a formal intervention may be useful.
7. Create a list of appropriate referrals and have them handy.
8. At times the court/indigent defense contract administrators needs to be notified (as well as opposing counsel) of longer term absences due to "health reasons".