

# Support in the Gaming Community

You can make a difference simply by being aware of the facts about mental health and suicide prevention. Learn how to have a supportive conversation. Know what resources are available. Sharing these resources can help save a life.

## Create a Safe Supportive Space

**It's your stream. You set the tone. As a content creator, you are an active creator of media, not a passive consumer. People follow the cues of the streamer. Setting chat rules in advance helps people know what to expect. For example: "Be cool to each other," isn't specific. Try:**

*"Personal attacks, bullying or insults against other members of the chat, on-air talent, or guests will not be tolerated."*

### Sample rules:

- Discussions of topics that use graphic language, tone or images of sexual content, self-harm, or violence to others are prohibited.
- Comments that glorify or promote self-harm or suicide will not be allowed.
- This stream is for entertainment purposes. While we strive to be a welcoming space, this is not a substitute for treatment. If on-air talent, guests or moderators suspect you are seeking treatment, they will offer you referral resources.

## Help & Resources

### Immediate help:

Crisis Text Line: Text **TALK** to **741-741**

National Suicide Prevention Lifeline:

**1-800-273-TALK (8255) or 911**

### For a person who needs resources:

American Foundation for Suicide Prevention

**afsp.org**

Local mental health resources

**findtreatments.samhsa.gov**

### Blogs:

Seek help: **bit.ly/2usaLjX**

Help a friend: **bit.ly/2uhujlw**

## Top 5 Tips for Supporting Friends & Gamers

- 1** If you think a gamer is in distress or is not behaving like themselves, assume you are the only one who will reach out. Move the conversation to a private chat. Once there, ask if they are OK. (i.e. "You don't seem like yourself, are you OK?") **Let them know you are there for them. Really listen to them. Don't minimize or debate what's troubling them.**
- 2** If you don't know a gamer well but feel that something is off, acknowledge their distress and get them to help: *("I'm sorry you are not feeling well. Thank you for sharing. I'd like to offer a couple of places that have helpful resources. Try checking out...")*
- 3** If they do not want to chat, encourage them to seek help. *("It sounds like you may want some help! Can I give you links to professionals?")*
- 4** Check back with them periodically. Let them know they are not alone.
- 5** If they are talking about suicide, take them seriously. **Stay connected online and share this message** "If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741." **Wait until they've made that connection before you end the conversation.**



**American  
Foundation  
for Suicide  
Prevention**

**afsp.org/twitch**