

I'm Fine! Everything is Fine.

The (sometimes) subtle subtext of a cry for help.

You've probably seen the meme with the cartoon dog sitting in a room on fire, saying "This is fine!"

It's gotten a lot of shares as a spot-on representation of how we've had to carry on through the extra chaos and stress of the past few years. But did you know that the artist, KC Green, created the original comic strip to illustrate how he felt while struggling with depression?

While not all of us have Green's artistic flair for expression, we've all used or heard some version of "It's fine." Someone asks, "How are you?" and, regardless of how they're really feeling, the other person responds, "I'm fine!"

It's kind of a casual conversation rule. Don't complain or overshare. It isn't polite. Regardless of how things really are, we automatically say, "It's fine," and everyone moves on out of habit.

What happens, though, when everything isn't fine? When there isn't a literal room on fire to signal when someone is struggling or in trouble, how do we recognize that they need help?

Recognizing a Cry for Help

The phrase a cry for help is an expression that means someone signaling with words or actions that they are in distress and need support.

In popular understanding the phrase is often seen as literal: calling a crisis hotline, writing a suicide note, or climbing out on a ledge. But cries for help don't have to relate to suicidal actions or thoughts and aren't always that obvious and easy to spot.



我沒事！一切都好。

(有時)這是一個求救的微妙暗示。

您可能看過那個漫畫：狗坐在一間著火的房間裡，卻說：「沒事！」

這個圖像近來得到了許多分享，因為它適切地代表了我們過去幾年在格外混亂和超大壓力中不得不繼續前進的感受。但您知道嗎，這位藝術家KC Green創作這個漫畫是來表達他在憂鬱症困擾下的感受？

雖然不是所有人都像Green那樣具有藝術表現力，但我們都使用或聽過“沒關係”的某種版本。有人問：“你怎麼了？”而不管他們真正的感受如何，對方都會回答：“我沒事！”

這是一種日常對話規則。不要抱怨或過度分享，這不禮貌。不管事情的真實情況如何，我們都會自動說“沒關係”，然後每個人都出於習慣而繼續前進。

但當一切都不好時，該怎麼辦？當沒有實際的火災房間來表示某人正在掙扎或陷入麻煩時，我們如何識別他們需要幫助？

識別求救的信號

「求救」一詞是指某人通過言語或行動發出的信號，表明他們處於困境中並需要支持。

在一般的理解中，這個詞組通常被視為字面意義：打電話給危機熱線、寫遺書或者走上懸崖。但是求救的信號不一定涉及自殺行為或念頭，而且並不總是那麼明顯和容易被發現。

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), more subtle cries for help can be signaled by:

- Eating or sleeping too much or too little
- Pulling away from people, things, or activities
- Having low or no energy
- Unexplained aches and pains like stomach-aches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking, or drug use (including prescription drugs)
- Worrying or feeling guilty a lot, but not knowing why
- Thinking of harming or killing yourself or someone else
- Having difficulty adjusting to home or work life

Those signals can manifest differently at different ages. Adults in distress might have unexpected crying spells or bursts of anger or start to avoid family or friends. Kids and teens might have trouble concentrating or start to compete for more attention from parents or teachers.

[Click here](#) for more examples and information from SAMHSA.

The most important thing you can do for someone in distress is to be present in their life. By being actively engaged and interested, you can better recognize when they are having a tough time and offer support.

Here are some tips for responding to a cry for help.

Take It Seriously: Every expression of distress is real with an underlying condition or state of mind that needs to be addressed. Don't try to determine intent or brush it off. Engage instead.

根據藥物濫用和精神健康服務管理局 (SAMHSA) 的說法，更微妙的求救信號可能會通過以下方式發出：

- 飲食過多或過少，睡眠過多或過少
- 遠離人群、事情或活動
- 缺乏能量
- 無法解釋的疼痛，例如腹痛或頭痛
- 感到無助或絕望
- 過度吸煙、喝酒或濫用藥物（包括處方藥）
- 經常不知道原因地擔心或感到有罪惡感
- 想傷害或殺害自己或別人
- 在家庭或工作生活中適應困難

這些信號在不同的年齡可能會有不同的表現。處於困境中的成年人可能會有出其不意的嚎啕大哭或爆怒，或開始避開家人或朋友。兒童和青少年可能注意力不集中，或開始競爭更多的父母或老師的關注。

點擊以查詢更多來自SAMHSA的範例和信息。

對於正在困境中的人，您能做出最重要的協助，就是陪伴。透過積極的參與和關心，你能夠更好地識別他們何時感到艱困，並提供支持。

以下是回應求救訊號的一些提示：

認真對待：每一種困境的表達都是真實的，背後都有一個需要被解決的狀態或心態。不要試圖判斷它的企圖或輕視它，而是積極參與。

Express Honest Concern: Say what you're seeing in a direct, non-confrontational way. A two-part phrase I've noticed/I wonder can be helpful to break the ice. "I've noticed that you haven't seemed yourself, lately. I'm wondering if everything is OK."

Listen Actively: Allow them to speak at their own pace and stay focused on their words. Let them express their feelings and accept them at face value.

Be Supportive: Use comforting language like "That sounds hard," or "I'm sorry you're going through this."

Don't Judge or Brush Off: Don't minimize their problems or pain, act shocked or disapproving, or say things like, "You shouldn't...", "I don't believe...", or, "It's not all that bad."

Offer Hope and Real Reassurance: Avoid forced positivity. Let them know that they are important to you, that you're there for them and other help is available.

Don't Try to Fix It Yourself – If you believe self-harm or suicide is imminent, call 911 immediately. For less urgent situations, encourage them to get help from professionals or agencies that specialize in crisis intervention. Otherwise, a great place to start is with the Suicide & Crisis Lifeline. You can reach them by dialing **988** or visiting **988lifeline.org**.

Finally, remember that it's **better to be safe than sorry**. Any noticeable change in behavior—even a seemingly positive one—is a reason to check in. Don't be afraid to ask what's going on. If they're having a good day, you can be happy together. If it's a cry for help, you can be there for them.

表達真誠的關心：以直接、非對抗性的方式表達你所看到的。可以用「我注意到/我想知道」這種兩個部分的短語來打破僵局。例如：「我注意到你最近似乎不太一樣，想知道是否一切都好。」

積極聆聽：允許他們以自己的節奏說話，並專注於他們的話語。讓他們表達自己的感受，並接受他們的表達。

給予支持：使用令人舒適的語言，例如「聽起來好難！好辛苦！」或「很抱歉你正在經歷這些。」

不要評判或輕視：不要試圖淡化他們的問題或痛苦，也不要表現震驚或不贊成，也不要說類似「你不應該...」「我不相信...」或「事情沒有那麼糟糕」等話。

提供希望和真正的安慰：避免強制性的積極態度。讓他們知道他們對你很重要，你會在他們身邊，並且有其他的幫助。

不要嘗試自己解決問題 – 如果你認為自殺或自傷行為即將發生，立即撥打911。對於不那麼緊急的情況，鼓勵他們尋求專業的幫助或和專門處理危機干預的機構連絡。或可以從自殺和危機生命線開始。你可以撥打**988**或訪問**988lifeline.org**。

最後，請記住，**小心總比後悔好**。任何明顯的行為變化，即使看似好的變化，都最好問一下。不要害怕詢問發生了什麼事情。如果他們度過了美好的一天，你可以一起分享快樂。如果這是一個求救的訊號，你可以陪伴他們並提供支持。