

# CREATING A CULTURE OF SUPPORT IN THE GAMING COMMUNITY

You can make a tremendous difference for yourself and those in your gaming community simply by being aware of the facts about mental health and suicide prevention. Learn how to have a supportive conversation, knowing what resources are available to you or someone who's in distress, and sharing them so more people know how to recognize the risks and warning signs to take action.

## CREATE A SAFE SUPPORTIVE FRAMEWORK IN YOUR STREAM

It's your stream. You set the tone. As a content creator, you are an active creator of media, not a passive consumer. Kind of like the president of a company in a meeting, you're in charge. People generally tend to follow the subtle cues of the person in charge. It's important to speak up and oppose certain words, topics, or behaviors; most others will follow your lead.

Setting specific, explicit chat rules in advance helps people know what to expect, especially if consistently enforced. For example, "Be cool to each other," isn't very specific. Instead, try: *"Personal attacks, bullying or insults against other members of the chat, on-air talent, or guests will not be tolerated."*

### Examples of other potential rules are:

- Discussions of topics that use graphic language, tone or images in terms of sexual content, self-harm or violence to others are prohibited at the discretion of the moderators, on-air talent, or guests.
- 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 trained psychological advice or treatment. If on-air talent, guest(s), or moderators suspect you are seeking psychological advice or treatment, they will offer you referral resources.

## HELP & RESOURCES

### If a person is in distress:

Crisis Text Line: Text TALK to 741-741 for free 24/7, or call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or 9-1-1.

### For a person who needs resources:

American Foundation for Suicide Prevention at [www.afsp.org](http://www.afsp.org)  
Local mental health resources at [www.findtreatments.samhsa.gov](http://www.findtreatments.samhsa.gov)

### Blogs to read:

When to seek help: <http://www.takethis.org/expert-advice/when-to-seek-help/>  
Helping a friend: <http://geekandsundry.com/hey-listen-how-to-be-a-better-friend-to-someone-whos-depressed/>

## TOP 5 TIPS FOR SUPPORTING FRIENDS & GAMERS

- 1 If you think a friend or fellow gamer is in distress or is not behaving like themselves, assume you are the only one who will reach out and move the conversation to a private chat. Once in a private chat, ask if they are OK (i.e. *"You don't seem like yourself, are you OK?"*). Let them know you are there for them—try to engage in a chat dialogue in which you are listening to their story. Don't try to fix or minimize the situation or debate what's troubling them.
- 2 If you don't know a gamer well (like a fan or a follower), but recognize that something is wrong, it's okay to acknowledge the importance of their distress and compassionately get them to the right help: (i.e. *"I'm sorry that 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. This could be a friend, someone they trust, or a medical professional. (i.e. *"It sounds like you may want some help! Can I give you some links to professionals who can help?"*)
- 4 If you're comfortable with this, check back in with them periodically. Ask if they checked out the resources you sent & if things are getting better. Let them know they are not alone.
- 5 If they are talking about suicide, take them seriously. Stay connected online and give them the information for the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or Text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7. Wait until they've made that connection before you end the conversation.



American  
Foundation  
for Suicide  
Prevention



FOR MORE INFORMATION ON THE UPCOMING SUICIDE PREVENTION CAMPAIGN PLEASE EMAIL: [GAMEFORGOOD@ADCOUNCIL.ORG](mailto:GAMEFORGOOD@ADCOUNCIL.ORG)