

What to do if Someone DOESN'T WANT HELP

There **may be times** where people may **not be ready** or motivated to accept help – this **cannot be rushed or forced**.

If things are really serious – seek help immediately and call 000

Coming around to the realisation that they're going through a tough time can be scary and difficult, so it's not surprising that some people may take some time before deciding to seek help.

Tips from ReachOut.com¹

- Be available and **continue to be supportive**
- Offer help and **signpost to supports**
- Become informed on services and supports that are available.
- Set boundaries around things you're **willing and not willing to do**.
- Don't avoid them, as it will likely **make them feel isolated**, and **potentially reduce their confidence** in coming to you **to seek help** when they're ready.



1 - Reach Out (2025) What to do if someone doesn't want help.

Available at: <https://au.reachout.com/articles/what-to-do-when-someone-doesnt-want-help>