

HELPING OTHERS

Reaching out and helping other people is one of the best ways to support wellness and healing—and it benefits you as much as them. There are lots of ways that we can help others – small and large. Do what's comfortable for you.

When we reach out to help others:

- They feel seen, heard, and validated
- They may feel better about themselves
- We start to build trust
- We create a space where we feel safer talking about our feelings
- Happiness is contagious and we can start a chain reaction boosting the happiness of others





HELP OTHERS, HELP YOURSELF

Helping someone can improve their life, and it can have many positive effects on yours, too.

You benefit by:

- Taking your mind off personal worries
- Decreasing the negative effects of stress
- Increasing your connection with others
- Creating closer friendships
- Fostering your sense of purpose and meaning
- Feeling generous, motivated, and better about yourself



Learn more ways to have a positive impact on your community:

BeWell.ny.gov

Funded by the New York State Office of Mental Health (OMH)