

10/14/19

Today, I was walking through the mall when I sensed commotion and saw a young woman running in my direction. Shoppers parted to let her pass. I could see she was crying and there was a young man running behind her. Rather than stand aside, I put my hand up as she approached and said "Wait, do you need help?"

She was startled and stopped running. I said "Are you okay? Do you need help?" Through her sobs she said, "I'm okay. But I just found out I'm pregnant." The young man who was now by her side said "And I'm the father."

I said, "Is there anything I can do?" They both said "No." She looked up at her boyfriend and said "I guess we'll have to figure it out together." At that, her boyfriend sat beside her and put his arm around her shoulder. "We will," he said. Seeing that the situation was calmer, I asked: "Are you both feeling safe? Is there anything I can do for either of you?" "No, but thank you," both said.

I knew I had intervened in a very tense situation. I left them as soon as I could see they were calmer and safe. I was glad my training as a Mental Health First Aider helped.

Call us 24/7 for support and learn about Mental Health First Aid [here](#).

The EAP is administered by Resources For Living, LLC.

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