

Intervention Method: Delegate

"Delegate" means entrusting others and asking someone you can count on to help intervene in a distressing situation.



Tips for Delegating:

- Whenever possible, ask the person who needs help for permission to involve someone else.
- In an emergency situation where you or the person are at risk of immediate harm, look for someone who is ready, willing, and able to help. Sometimes you can ask the person right next to you.
- In non-urgent situations, you may be more strategic about whom you ask for help.
- When you ask someone for help, tell them as clearly as possible what you're experiencing and how you'd like them to help.
- Offer to support the person in contacting Human Resources and reporting the issue.