SHADES of BLUE PROJECT

NOVEMBER 2026

Acknowledge Respect Support



LISTENING SHOULD LEAD TO ACTION

A practical way for families, community partners, and care teams to turn The Shades of Blue Project's values into everyday support.

A — Acknowledge the experience

- Ask what feels hardest today. Listen without comparing, minimizing, or rushing to explain.
- Name what you heard: "You are worried and exhausted. I am glad you told me."
- Ask what matters most to the person. Record the concern in their own words when appropriate.

R — Respect the person

- Honor culture, identity, privacy, and choices. Do not assume what a family needs.
- Explain options in plain language. Ask permission before involving another person in the conversation.
- Take concerns about mistreatment seriously. Ask how care can feel safer and more respectful. [2]

S — Support the next step

- Agree on one action, who will help, and when to check in. Make the next step specific.
- Help connect the person to an appropriate professional or community resource, then ask whether the connection happened. [3]
- Use emergency help when safety is at risk. Community support can accompany clinical care.

Ask yourself: What changed because we listened? Connection and follow through belong in the care plan.

TURN VALUES INTO EVERYDAY CARE

Find support shadesofblueproject.org/support **Request services →**

U.S. immediate danger or suspected psychosis: call 911 or go to an emergency department. **Suicidal crisis or emotional distress:** call 988 or text 988.

Maternal support: call or text 1 833 852 6262. Free, confidential, 24/7. HRSA. Not a crisis line.

Sources [1] SOBP Acknowledge Respect Support values [2] CDC Respectful Maternity Care [3] NIMH Help for Mental Illnesses

Practical guidance based on organizational values. This is not a validated screening or clinical assessment tool.

Educational information, not a diagnosis. Updated November 17, 2026.