



# 3 simple ways to be there for your loved ones

These are uncertain times, and our loved ones may be feeling anxious and worried. Let's play our part to support them.

## 1 SHOW YOU CARE



Let them know you are worried. If you show you care about them, it makes it easier for them to open up to you.

## 2 LEND AN EAR



Remember, you are not expected to fix things. Providing your time and a listening ear, as well as reflecting upon their feelings, can help them feel validated and that they are understood.

## 3 ENCOURAGE THEM TO SEEK FURTHER HELP



If you feel they are overly anxious and may need further professional support, encourage them to seek help.

**National Care Hotline - 6202 6868**  
[www.ccs.org.sg/care-hotline](http://www.ccs.org.sg/care-hotline)