



These are uncertain times, and our loved ones may be feeling anxious and worried. We can do our part in extending our support and concern towards them.

1



**LOOK OUT FOR
SIGNS OF DISTRESS**

2



**EXPRESS CONCERN
WITHOUT JUDGEMENT**

3



**FIND OUT MORE ABOUT
THE PROBLEM FIRST**

4



LISTEN WITH RESPECT

5



BE EMPATHETIC

6



**AVOID USING
JUDGEMENTAL STATEMENTS**

7



**AVOID TRIVIALISING
THE PROBLEM**

8



**BE PATIENT &
UNDERSTANDING**

9



**REASSURE THEM THAT
YOU ARE THERE FOR THEM**

Learn how you can stay well to stay strong at
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