

# ARE WE GIVING THE RIGHT SUPPORT?



When starting a conversation with someone who might be feeling troubled, it is good to ensure we are well-equipped to help.

Here's a guide on how you can better support those you care about.

Start with an open-ended question:

● What they might say ● What you can say



## INITIATING THE CONVERSATION

“Hey, how’s it going?” OR “It’s been a while since we caught up. How have you been?”



## SCENARIOS YOU MIGHT FACE



But if you feel that something is not quite right, try saying:

“I was wondering if you’re okay, as you seem a bit different recently. I’m here if you need anything.”



## EXPRESS C.A.R.E

**SHOW CONCERN**

**ACTIVELY LISTEN**

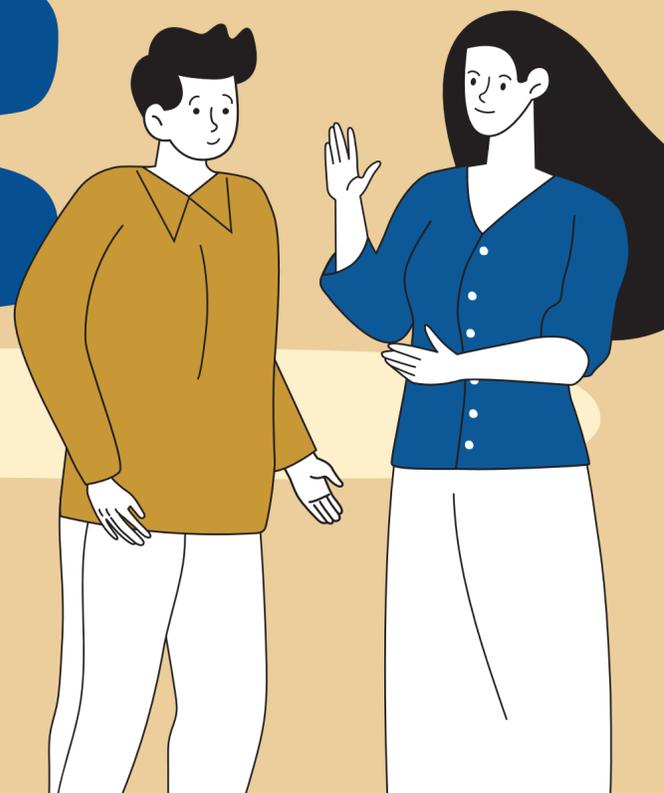
**RESPOND EFFECTIVELY**

**BE EMPATHETIC**



## FOLLOWING UP

- Encourage them to try activities that can help them feel better
- Check in on them regularly to show that you're there for them



LEARN MORE WAYS TO SUPPORT SOMEONE



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Some conversations may be difficult for you to take on alone.

If you notice someone who is feeling low for more than two weeks, encourage them to seek professional help as soon as they can.