



ARE WE GIVING THE RIGHT SUPPORT?

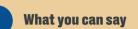
When starting a conversation with someone who might be feeling troubled, it is good to ensure we are well-equipped to help.

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



Start with an open-ended question:

What they might say





"Hey, how's it going?"

OR

"It's been a while since we caught up. How have you been?"



"I am good."

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."

"I've been feeling very overwhelmed."

"I am not feeling

too good..."

"Everything's not been working out for me."

"I don't really feel like talking about it."



SHOW CONCERN

"What's on your mind? I'm here for you."

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"I'm sorry to hear that. Let's get through this together."

"It's okay, I'm here for you whenever you need to talk."

ACTIVELY LISTEN

"I understand..."

"I hear you..."

RESPOND EFFECTIVELY

"This must be tough on you. Can you tell me more about..." "Thanks for sharing this. How are you feeling about it?"

BE **EMPATHETIC**

"If I'm hearing you right, you mean..."

"Hmm, so you were feeling frustrated when..."



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



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.