

When someone dear struggles...



Sometimes we see others struggling around us. They can be family members, friends, work mates or people in our local community.

They might show signs of depression, anxiety, addiction, eating disorders, OCD, PTSD, etc. and it may be hard to watch them engaged in self-destructive actions.

We worry that their mental wellbeing will deteriorate further and we are afraid that our mental wellbeing or the wellbeing of others might suffer too.

We can help them become aware of their struggles and guide them start taking action on them.

Always remember: that person might be already in great suffering when approaching them!

- Express your concerns for their health with kindness and care.
- Offer examples of the witnessed self-destructive actions.
- Encourage them to take action and empower them to see past their hardship.
- Communicate empathy and understanding for their circumstances.
- Practice active listening. Listen with 2 ears and speak with one mouth.
- Ask supportive questions to help you understand their inner experience.
- Be respectful in your comments whatever the impact of their actions on you.
- Show them regard beyond their actions to make them feel accepted and valued.
- Remind them that there is support and encourage them to seek out for help.
- Challenge stigma that might prevent them to share their struggles.
- Reassure them that **they are significant** and their mental health matters.
- Empower them to relieve distress and suffering and restore their mental wellbeing.

BE THERE FOR THEM ALL ALONG!

For more resources and counselling support visit www.thesignificantyou.org