

# Being There for Others

Pick one person in your life that you'd like to support if you suspected they were struggling with their mental health. In the spaces provided, write down what you would say or do to...

## Be There Golden Rules

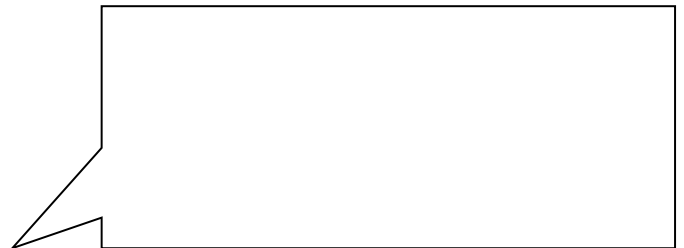
### 1 Say What You See

Speak to the facts without making assumptions.



### 2 Show you care

Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.



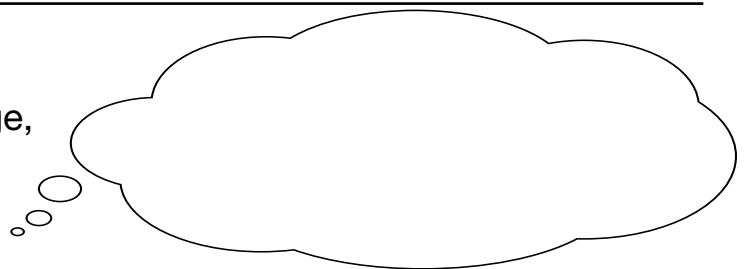
### 3 Hear them out

Open up space for them to speak. Remember to ask further questions and validate their thoughts and feelings



### 4 Know your role

You're there to support them; not judge, be their therapist, or give unwanted advice.



### 5 Connect them to help

Suggest they reach out to community supports or offer to go with them.

