



Don't pressure them to talk about things they don't want to talk about



Don't judge or be critical when talking to them



Offer emotional support



Ask them how you can help or support them

HOW YOU CAN SUPPORT SOMEONE WHO IS EXPERIENCING A MENTAL HEALTH PROBLEM



Spend time with them



Listen to what they have to say



Don't be afraid to talk to them. Ask them how they are doing



Regularly check up on them and stay in touch



Educate yourself about mental health



Help them to find the right support and care they need



Offer helping them with some daily tasks



Remind them that you are there to help