

5 TIPS TO SUPPORT SOMEONE



1. LISTEN

Be open and responsive, but don't feel like you have to have all the answers. Often just spending time with them will let them know you care and can help you to understand what they're going through.



2. RESEARCH

There are a lot of myths about mental health. Using reliable information resources like our charity partner websites might help you understand and be more confident when you're offering support.



3. ASK HOW YOU CAN HELP

There could be simple, practical things you can do to help them feel better, like giving them a call or inviting them out for activities you enjoy together.



4. HELP GET SUPPORT

If someone's struggles are seriously interfering with their everyday life, encourage them to see a professional. If you feel comfortable, offer to go with them.



5. TAKE CARE OF YOURSELF

Supporting someone who is struggling can be difficult. It's very important to put your own wellbeing first. Keep up with your usual routine, and make time for other relationships and hobbies.

YOUNGMINDS

The voice for young people's mental health and wellbeing



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www.headstogether.org.uk