

How to support someone be **MENTALLY HEALTHY**



LISTEN

Listen to what your friend is telling you. Take time to engage in the conversation.



COMMUNICATION

Don't be afraid to communicate. Limit the amount of questions that you ask and don't just talk about their mental health.



STAY IN TOUCH

Remain in contact. Stay in touch with your friend or family member. An email or text can go a long way.



SUPPORT

Support and encourage your friend or family member. Be compassionate.



AVOID CRITICISM

Don't criticise or be harsh. Take time to understand what it is your friend is going through.



BE PATIENT

Understand that people will go through ups and downs.



INFORMATION

If you know someone experiencing a mental health problem why not spend some time researching where to find help for them (E.g. Mind, Rethink).



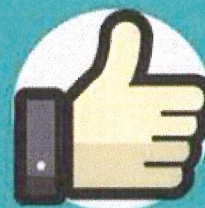
BE CARING

Show them that you are there for them and that you care about them.



ENCOURAGE

Gently encourage them to seek help from mental health professionals.



I'M PROUD OF YOU

Tell them that you are proud of them for talking about their problem.