



## Concerned about your friend

**Talk:** Ask the person are they ok, tell them what you have noticed that you are there, and you care.



**Listen:** It is important you listen to the person and what they are saying. Ask open questions, communicate back what they are saying, clarify what the key issues are.

**Care:** Sometimes someone may be going through a difficult time and it may be just that and nothing more and a simple conversation with a friend or loved one may make them feel better.



**Connect:** If you are concerned suggest the person sees their GP or connects with a local mental health service. If possible, ensure someone who cares for them goes to an appointment with them for support.

