

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

 @BELIEVEPHQ

05 

ENCOURAGE
Be there to offer encouragement and praise

06 

ORGANISE
Help them to organise their time and balance work and home life

07 

LEARN
Take time to learn more about the problem they are experiencing

04 

REMINDE
Remind them that you are there for them

03 

HELP THEM
Help them to find the right support. Offer to go with them to the doctors

08 

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

02 

TIME
Spend time with them. Offer to take them out or go for a coffee

09 

ACTIVITIES
Offer support to help them with daily tasks or activities

01 

LISTEN
Listen to what they have to say. Be patient with them

10 

CONNECT
Stay in regular contact and connect with them

