

COVID-19: SUPPORTING A FRIEND/FAMILY/COLLEAGUE IN DISTRESS



SUPPORT

Tell them you're here to support them. Listen to what is troubling them without judgement.



ENCOURAGE

Recommend they speak to their doctor and encourage them to seek professional help.



HELP

Ask them how you can best provide support to them.



VALIDATE

Empathize with them and validate how they are feeling.



REFLECT

Reflect on what they are telling you and share with them your understanding.



RESOURCES

Provide them with resources and supports (e.g. websites). Take appropriate action based on your conversation with them.

In the event of a mental health crisis, contact a crisis team in your area or contact the emergency department.

