

## How to Support a Friend Who is Struggling

Being there for a friend during a difficult time can make a meaningful difference. You do not need to fix the situation or have the perfect words. Showing care, listening, and offering support can help your friend feel less alone.

### Tips for Supporting a Friend

- Reach out and let them know you are thinking of them. A simple check-in can open the door to conversation.
- Listen without trying to solve the problem. Sometimes being heard matters more than advice.
- Validate their feelings. Let them know what they are feeling is real and worthy of care.
- Be patient and nonjudgmental. Everyone processes challenges differently.
- Encourage healthy coping strategies like rest, routine, or connecting with others.
- Respect their boundaries while continuing to offer support.

### What to Say and What to Avoid

Helpful responses may include:

- I am really glad you told me.
- That sounds really hard.
- You do not have to go through this alone.

Try to avoid minimizing their experience or rushing them to feel better.

### When to Encourage Professional Help

If your friend seems overwhelmed, withdrawn, or their struggles are affecting daily life, it may be helpful to encourage professional support. You can gently suggest reaching out to a mental health professional or trusted resource. Offer to help them find information or sit with them while they make the call if they want.

If someone is in immediate danger or talks about harming themselves, contact 988 right away to reach the Suicide and Crisis Lifeline.

Wyandot BHN offers therapy, psychiatry, and crisis services for individuals and families. Support is available, and reaching out can be an important step.