



APPENDIX 3: TOUGH TALKS YOU'RE WORRIED ABOUT SOMEONE....NOW WHAT?

(Adapted from the Be There organization's "The Golden Rules")

1. Say what you see.

What are the changes you have noticed? Ask them if they are okay.

Write an example of what that can sound like:

2. Show you care.

Tell them you are there for them somehow.

Remember, this can be words, a text, or another action to show you care. Write an example of how you can show you care:

3. Hear them out.

Really listen to them.

This isn't the time to talk about yourself and tell them whatever you want to say. Try and think about what they must be feeling. Write an example of how you can show that you are really listening to someone:

4. Know your role and don't judge, preach, or downplay their experiences.

You are someone who cares, but you are not a professional. You are here to listen and support, but not provide therapy.

You may not understand the other's person's feelings, but it's not your role to judge them. It's your role to help them feel heard.

Try not to give your opinion unless they ask for it.

Don't downplay how they feel by saying things like "it can't be that bad" even though you are trying to make them feel better. Their feelings are real and they likely don't want to be told they are overreacting.

What are some other things someone might say that sounds judgemental, preachy, or make it seem like their experiences aren't a big deal?

5. Connect to Help

As someone who cares, you can help them to find other ways of getting support.

You can also ask them how you can support them in finding help and you may have some ideas.

Write down some ideas on how you can connect someone to help:

