



If you notice a friend is having a hard time,
be someone who shows up for them.

What to say when you aren't sure what to say:

1. It seems like something is on your mind, do you want to talk about it?
2. You haven't seemed like yourself lately.
3. I was thinking of you and wanted to check in.
4. I'm sorry you're going through this.
5. That sounds like a lot to deal with.
6. It's OK to feel that way.
7. What can I do to help you get through this?

Helpful Tips:

- Talk in private.
- Don't judge, offer advice or try to solve their problem.
- Check in afterward (invite them over, call or text).
- Let them know they aren't alone.
- Put away your phone and make eye contact.
- Most importantly, be kind, supportive and listen.



Call or text **988** for help from trained counselors. It's free and available 24/7. Scan the QR code for more resources.



UnityPoint Health