



## Friendships Are Important

Surrounding yourself with supportive and caring people helps when life can be difficult. Likewise, it is important to be a supportive friend. What are some of the things that you can do to help when someone you care for is going through a tough time?

Make the time to be there and listen.

Empathize. Acknowledge the situation so your friend feels your support.

Be tentative with your suggestions as you may not have an easy solution to a complex problem.

Ask identity questions such as “What do you want to happen?” “What is important to you?” It will help your friend get in touch with what they value in the situation.

Ask how you can help, being careful not to bear the burden of your friend’s problem.

Do not be afraid to recommend professional help.



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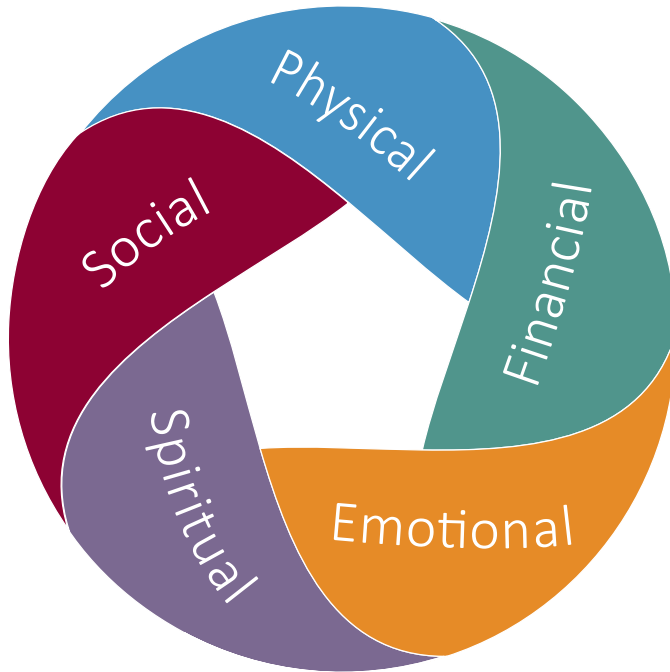
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CONNECTING ELEMENTS OF WELL-BEING



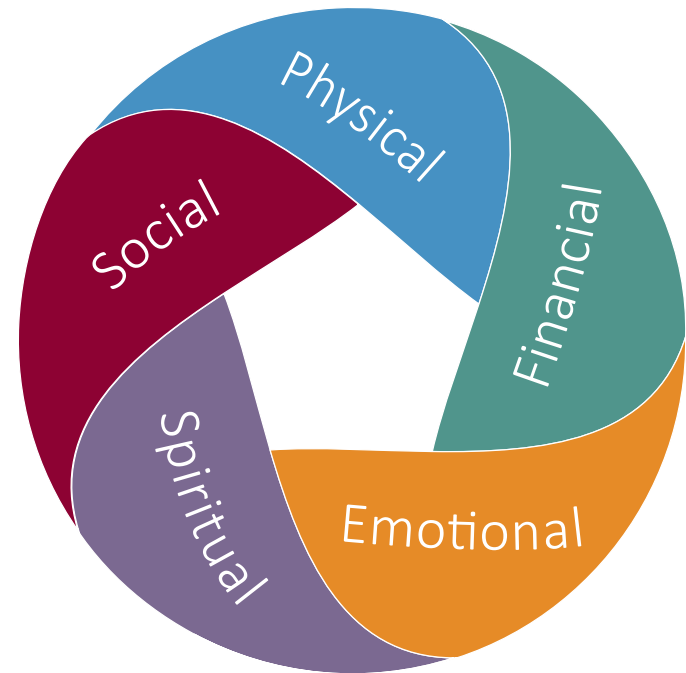
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