



# When someone you love is struggling

## Empathy

*what you say matters less than how you say it, so recall a time when you were hurting, then speak from the heart*



be warm



be authentic



be patient



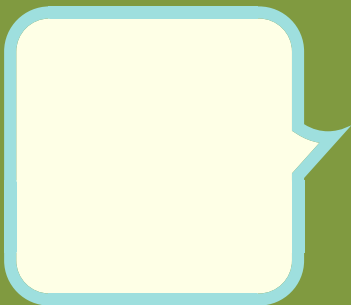
educate yourself



plan ahead

## Respect

*find a neutral, quiet place where you can talk in privacy; avoid judgment and advice-giving*



share specific changes you've noticed



express concern



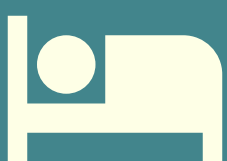
offer your support

avoid threats and ultimatums



## Boundaries

*as much as you want to help, remember there are limits to what you can do; take care of yourself and use available resources*



get plenty of rest



talk to a counselor



know that your care, concern, and friendship are powerful gifts



send prayers and/or good vibes