

DO'S & DON'TS



DO THIS!



NOPE!

1 My friends are distressed. What should I do to help?

- Listen to them attentively
- Encourage them to share with you their distress at their own pace
- See if there is any suicidal risk, e.g. self-harming or making a will. If yes, you should seek help with them

- Ignore them
- Being indifferent
- Do nothing



What should I say to friends with distress?

2

- Give them hope, by saying,
"Your problem cannot be solved right at this moment. But you can solve it step by step and thing will get better."
- Show them your care and support, by saying,
"I am here for you and I am willing to help."

- Ignore their feelings. Don't say,
"Your problem is trivial. There is nothing to be unhappy about!"
- Make judgmental statements. Don't say,
"They are just kidding!! Don't be touchy!"

3 What should I do if my friends keep silent?

- Let them know that you are there for them, by saying,
"I am willing to listen. I will stay with you. Call or text me when you are ready to tell."

- Insist that they speak. Don't say,
"How can people know why you are unhappy if you do not speak!!"

