

# Helping a Friend

## General Tip Sheet



### BE POSITIVE

Encourage them to find other positive people and explore positive things to do

### MAKE BOUNDARIES

Balance helping your friend with your own life so it doesn't become unhealthy for you

### GET EXTRA HELP

It is okay to ask for help for your friend and yourself; you don't have to do everything alone

### EMPATHIZE

If they have wronged you, try to have empathy for them while protecting your boundaries

### LISTEN

Be accepting of what they are experiencing. Do not say, "there's no reason to be sad"

### BE PATIENT

It can be difficult to see your friend going through challenges, but changes do not happen overnight

### BE SUPPORTIVE

Let them know how proud you are of them and listen without judgement

**GIVE YOUR FULL ATTENTION.**  
You have the chance to potentially change someone's life!



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