

I'm Here. How Can I Help?

5 Ways to Be Supportive

It's Not Taboo

- Don't be afraid to start conversations about mental health
- Creating a safe space makes talking about mental health less daunting

Leave Your Judgment at the Door

- Stigma around mental health is real. Be open and patient.
- Show empathy: "I hear you" "You're not alone"

"It's Not All in Your Head"

- Recognize their bravery and vulnerability
- Let them know their feelings are valid

You Matter

- Remind them that your door is always open/ you're only a phone call away
- Encourage them to seek support any time they need

There Are Other Tools in Your Toolkit

- Coping with mental health can be challenging and YOU can only do so much.
- Become familiar with the free resources available for additional support - for 24/7 support call, **1-800-273-TALK**. Sometimes help from a professional may be needed.



IrritableBowelSyndrome.net

