5 Tips to Support a Fellow Ram with Their Well-Being (AND WHAT TO SAY!!!)

1



Initiate a Conversation

When expressing concern to someone, choose a private setting and use "I" statements to avoid sounding accusatory. (e.g. “I feel like you’ve been quiet lately. Is everything okay?”)

2

Listen Non-Judgmentally

To support a friend, listen without judgement or interruption, be patient, empathetic, and acknowledge their emotions. (e.g. “It must be really tough balancing all of this with school.”)



3



Offer Support

Suggest being there for someone and supporting/encouraging them.. (e.g. I’m here for you. I’d like to support you however I can. Is there anything I can do that would be helpful?”)

4

Suggest Professional Help

Suggest seeking help from mental health professionals or helplines, and provide assistance in finding resources or making appointments. (e.g. “Have you thought about using TimelyCare? I hear it’s great!”)



5



Stay Connected!

Be a supportive friend by regularly checking in and providing a reliable source of understanding. (e.g. “Hey there! I just wanted to check in and see how things are going. You feeling better?”