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WHAT TO DO IF SOMEONE YOU KNOW IS HAVING TROUBLE COPING

Some people think that the only person who can help when someone is having trouble coping is a professional. Seeking professional help is important, but the support and advice of family and friends is also important.

Some things you can do to help are:

Talk to him/her

Encourage your friend/family member to talk about their situation. Ask them how they are feeling, and speak openly about your concerns for them. Discuss ways you can find solutions to their problems.

Seek help

Encourage the person to seek help as soon as possible. Check out the **Contacts** fact sheet (number 12) for more information on getting help.

Avoid allowing yourself to be sworn to secrecy

Keeping a secret like this may stop your friend/family member from getting the help they need.

Tell someone

If your friend/family member refuses to get help and you feel the person is in danger, it's important that you tell someone (parents/carers/other family members or a doctor), even if they asked you to keep their secret.

Listen

It's not always easy, and you don't have to find all the answers. Try to be understanding, try not to judge them, and listen to what they have to say. Try not to interrupt with your own stories and problems.

Be positive

Talk to him/her about what is good in their life and remind him/her that there are people who love and support them.

There are also some things you should try not to do:

- Tell your friend not to worry and/or not taking their pain seriously.
- Try not to seem shocked by anything he/she says.
- Don't try and diagnose/analyse.
- Try not to panic.

Don't try to deal with it alone!

Check out the **Stress and Coping** fact sheet (number 2) for strategies on coping.

