



When a friend is having a tough time, it can be hard to know what to say. But you don't need to be an expert to talk about mental health. Supporting a friend isn't about having all the answers; it's about connecting and showing that you care.

If you're worried about a friend

Start a conversation. You might say:
I've been worried about you lately;
I noticed you haven't quite seemed yourself;
I'm always here if you want to talk.

Listen without judgement. Don't feel that you need to 'fix' things or offer solutions.

Reassure them that they are not alone.

Encourage them to reach out for help.

If your friend is living with mental illness

Be patient. Recovery doesn't happen overnight.

Be present. Just being there with a friend can be a comfort.

Ask how they would like to be supported.

Offer practical help, like lending a hand with everyday tasks.

Check in regularly: send a text to say hello or offer to visit.

Lastly, don't forget to look after yourself.
While it's great to be supportive, your wellbeing is important too.

For further support, speak to your GP, contact Lifeline
Jewish Care on (03) 8517 5999



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