

8 ways to support someone who may be struggling.

Sometimes the most powerful thing you can do is simply be there. This leaflet shares simple ways to support someone who may be **struggling** with their mental health.

1) Listen without trying to fix everything.

People often need support before solutions. Listening **calmly** and **without judgement** can help someone feel heard.

3) Avoid dismissing their feelings.

Comments such as “**It could be worse**” or “**Stay positive**” may unintentionally make someone feel unheard.

5) You do not need perfect words.

You are not expected to have all the answers. Being **present** and **compassionate** matters most.

7) Remind them they matter.

When struggling, individuals may feel like a burden. A simple reminder that they **matter** can mean everything.

2) Ask direct, but gentle questions.

It's okay to ask, “**Are you thinking about suicide?**”. Asking directly does not increase risk and can open the door to support.

4) Ensure to keep checking in.

Support should not end after one conversation. A **message**, a **phone call**, or a **reminder** that someone cares can make a real difference.

6) Encourage them to seek support.

Reaching out for help is a sign of **strength**, not weakness. Support from friends, family, community, and services can save lives.

8) Look after yourself too.

Supporting someone emotionally can feel **heavy**. It is important to care for your own wellbeing as well.



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