

# HOW TO SUPPORT YOUR MATES

## TIP #1

IT'S EASIER FOR A MATE

**TO OPEN UP  
WHILE DOING  
AN ACTIVITY**

**FIND SOMETHING THEY ENJOY, GET INTO IT, AND  
THEN ASK HOW THEY'RE FEELING DEEP DOWN**

YOU COULD TRY PASSING A BALL, SHOOTING HOOPS,  
BUILDING SOMETHING, FISHING, ETC...

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# HOW TO SUPPORT YOUR MATES

## TIP #2

**HAVING THE STRENGTH  
TO SHARE YOUR  
OWN CHALLENGES  
MAKES IT EASIER FOR  
A MATE TO TALK**

**OPENING UP ABOUT WHAT'S GOING ON FOR YOU,  
AND SHOWING YOUR FEELINGS, GIVES YOUR  
MATES THE PERMISSION TO DO THE SAME**

**TOUGHTALK.NZ**

# HOW TO SUPPORT YOUR MATES

## TIP #3

A PRIVATE SPACE  
**TO TALK**  
**ONE ON ONE**  
MAKES IT EASIER  
FOR A MATE  
TO OPEN UP

**NO ONE LIKES TO BE CALLED OUT IN A CROWD.  
INVITE YOUR MATE TO A PRIVATE SPACE AND  
ASK THEM IF THEY WANT TO TALK**

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# HOW TO SUPPORT YOUR MATES

## TIP #4

**ASK PERMISSION  
TO TALK  
AND ACCEPT NO  
FOR AN ANSWER**

**LET THEM KNOW THAT YOU'RE THERE FOR THEM  
AND THEY MAY COME BACK TO YOU, OR  
SOMEONE ELSE, WHEN THEY'RE READY**

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# HOW TO SUPPORT YOUR MATES

## TIP #5

**LISTEN**  
**ATTENTIVELY**  
UNTIL THEY'RE  
**FINISHED TALKING**

**IF YOU NOTICE YOURSELF THINKING ABOUT WHAT  
YOU'RE GOING TO SAY NEXT, FOCUS YOUR  
ATTENTION BACK ON WHAT THEY'RE SAYING**

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# HOW TO SUPPORT YOUR MATES

## TIP #6

**A MATE'S BURDEN  
IS LESS HEAVY  
WHEN YOU FEEL  
EMOTIONS WITH THEM**

**OFTEN THE SOLUTION IS NOT SOLVING A  
PROBLEM WITH LOGIC, IT'S HAVING THE STRENGTH  
TO BE EMPATHIC AND FEEL TOGETHER**

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# HOW TO SUPPORT YOUR MATES

## TIP #7

BEFORE FINISHING  
CHALLENGING CONVOS  
TRY TALKING  
ABOUT SOMETHING  
**POSITIVE**

IT'S NICE TO FINISH ON A POSITIVE NOTE,  
WHETHER IT'S HAVING A LAUGH, CHATTING  
ABOUT THE DAY, OR TEACHING EACH OTHER  
SOMETHING BEFORE YOU LEAVE

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# HOW TO SUPPORT YOUR MATES

## TIP #8

WHATEVER HAPPENS  
LET THEM KNOW  
**YOU'RE THERE  
FOR THEM**

IT'S ALWAYS HELPFUL TO LET SOMEONE KNOW  
THEY HAVE ONGOING SUPPORT - "I'M A PHONE  
CALL AWAY IF YOU EVER WANT TO TALK"

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