

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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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**

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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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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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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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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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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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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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