



Mental Health Awareness Month

Check on Your Friends

Regularly reaching out to someone may feel challenging, but it's vital for mental well-being. Prioritize #CheckOnYourFriends to break down stigma and demonstrate your support. It could truly change someone's life. Explore the examples below and pass them along to your network.

CONSIDER SAYING:

- I know you said you're not ready to talk, but I'm here when you are.
- Hey, I'm stopping by the grocery store. Let me know if you need anything.
- I wanted to let you know, I'm thinking of you.
- Hi, I saw this and immediately thought of you. How have you been feeling lately?
- Want to go for a walk after work?
- No need to respond, I just wanted to say hey.
- I saw what you posted on social media, and I just wanted to make sure you were OK?
- Hey, just wanted to hear more about what's going in your life lately.

THINGS TO REMEMBER:

- Ask how you can help- it shows you care.
- Be understanding of their limitations.
- Change the subject- listening is important, but all conversations do not need to be about their mental health.
- Offer a non-judgmental approach with all your interactions and conversations.
- Take their lead- if they don't want to talk, don't put pressure on them, unless you are worried about their safety.

CONSIDER DOING:

- Arranging for a time to talk on the phone or meet for a walk in the park or dinner.
- Drop a meal off, send a gift card to their favorite restaurant, or start a meal train.
- Send a card in the mail- it brings a smile to someone's face.
- Set reminders in your phone to send a text message or make a phone call.
- Have a list of resources that are helpful to share with your friend(s) when they ask for help (apps, groups, websites, etc.)



Mental Wellness Starts With Friendship



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