

5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain

10 Intense worries or fears that get in the way of daily activities

## START THE CONVERSATION



## OFFER SUPPORT



I really want to help, what can I do to help you right now?

Would you like me to go with you to a support group or a meeting? Do you need a ride to any of your appointments?

Let’s sit down together and look for places to get help. I can go with you too.

BE PATIENT,  
UNDERSTANDING  
AND PROVIDE  
HOPE.

## BE A FRIEND



Your friend may feel alone; check in regularly and include your friend in your plans



Learn more about mental health conditions



Avoid saying things like “you’ll get over it,” “toughen up” or “you’re fine”



Tell your friend that having a mental health condition does not change the way you feel about them



Tell your friend it gets better; help and support are out there