

Help Others



Express care and concern.



Establish physical and emotional safety.



Listen and validate.



Provide accurate information.



Discuss healthy ways to manage stress.



Help them regain a sense of control.



Connect them with additional resources.

Ways to Help



I don't fully understand, but I care.



I'm here for you, and I can listen.



What worries you the most?



What concerns you about the future?

"When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."

-Henri Nouwen, *Out of Solitude: Three Meditations on the Christian Life*