



Lifting low spirits

6 ways to show support

It can be challenging to know how to help a friend or colleague who is struggling emotionally. Here are seven ways to show support.

1. **Know the signs.** Withdrawal, apathy, poor productivity, and strained relationships may indicate a need for help.
2. **Be open to talking** about mental health and start the conversation in private. Express concern and listen actively without judgment.
3. **Research mental health resources.** Offer to help find support options. Start by visiting [SAMHSA](#) (Substance Abuse and Mental Health Services Administration). Or see if your employer offers an employee assistance program (EAP) to access free counseling sessions.
4. **Offer practical help,** such as running errands or watching the kids for a night. For a coworker, you might offer to help with tasks to lighten their load. Even small gestures like making them a cup of coffee can show your support and understanding.
5. **Encourage self-care.** Self-care activities, such as taking short breaks, going for a walk, or engaging in hobbies, can lift our spirits. A gentle reminder of this, especially when combined with an offer to join them, can emphasize the importance of prioritizing mental and emotional well-being.
6. **Follow up.** Check in with your friend or coworker regularly to see how they're doing and offer further support. Let them know that you're there for them if they want to talk or need help with anything. Consistent support and follow-up can help them feel valued and supported.



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