

YOU ARE NOT ALONE

Ongoing support

Conversation starters

After the initial crisis has subsided, your relationship with the person you care about will develop and change. You might be worried that you will upset them and make their mental health worse. They might prefer to avoid some conversations. This doesn't mean you shouldn't have them; you just need to bring them up in a way that works.

Difficult conversations might be important for ensuring you can support the person you care about while also looking after yourself. Here are some conversation starters:

- If we get in this situation again, what will we do?
- What's okay to ask?
- What support do you need from me?
- If I'm not available, who is the next best person to contact?
- If I start to get worried about you, how can I create space to talk?
- If you need more support in the future, how will you let me know?

“The person I supported is now closer to me and that is OK - that closeness is based on trust, and moving in the work and friendship spaces.”

A man who cares for a female friend