

When someone says they're not ok



Questions to give hope



- What is happening? How would you prefer to be?
- When did you last feel good?
- What was happening then?
- What have you already tried?
- What helps a little bit?
- When do you feel ok?
- How are you going to get through today?
- So how did you get through yesterday?
- Who has been helpful for you?
- Is there someone who you think is worth talking to? What would they tell you?
- Who has been a good friend to you recently?
- Who knows you really well?
- What are some reasons to keep going today?
- What are you hoping for today?
- If the smallest thing happened to make the smallest difference to how you are feeling right now, what would that be?
- What might happen to show you that there is a slight hope
- What things have you done in the past that have helped you get through?
- What was the most useful thing you have tried?

Other tips

Don't underestimate the power of listening

Do validate how they feel

Just spending time with someone can be very helpful

