

Having a **CONVERSATION** with a mate

When you check in on a mate there are two ways the conversation could go



They **DON'T** open up to you

This can be tough when you know something is up with a mate and you just want to help. But it can take time to feel comfortable to share and they just might not be there yet. Just because they don't open up this time, doesn't mean they won't. They now know that you are someone that they can go to when they're ready.



They **DO** open up to you

Woohoo, this is what we wanted wasn't it?
Actually wait, what if I say the wrong thing?
What if I don't know how to help?
What if I make it worse?

These worries are totally normal. You care about this person and don't want to mess it up for them. So just remember that your job is not to 'solve' or 'fix'. Your job is to listen without judgement and help them feel safe and validated.

But what happens after this?

Supporting a mate is more than just the first conversation. It's about **showing up** as a mate in the long term. This can look like helping them to book an appointment with a professional, driving them to the appointment, bringing them their fave snack afterwards, organising movie nights, sending them gifs or whatever it is you do to just be a good mate.