

If someone you know is struggling, these are the questions to ask...

Can you tell me about what
you're going through?

How are you feeling
right now?

What support system do
you have in place?

Have you talked to
anyone else about how
you're feeling?

Have you noticed any
patterns or triggers in
your feelings?

Are there specific aspect of
your situation that are
particularly challenging?

Are you open to seeking
professional help
or counseling?

How can I best support you
right now?

Do you have short & long
term goals we can work
on together?

What activities or coping
mechanisms have
helped you in the past?

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