

# HOW TO REACH OUT TO A GUY WHO'S FEELING RUBBISH

If you think something's going on with a friend or family member and you've noticed some changes in them, here are tips on how to connect with them:



01

Lock in a time to catch up soon in person, or if that's not possible, give them a call.

02

Once you've covered the small stuff, ask how they're really doing.

03

Give them your time, be there and listen. You don't have to be their counselor, just be there for them.

04

If they need more advice and support, point them in the direction of professional help and resources.

05

If you're worried their life is in danger, act immediately and take them to emergency services.

