

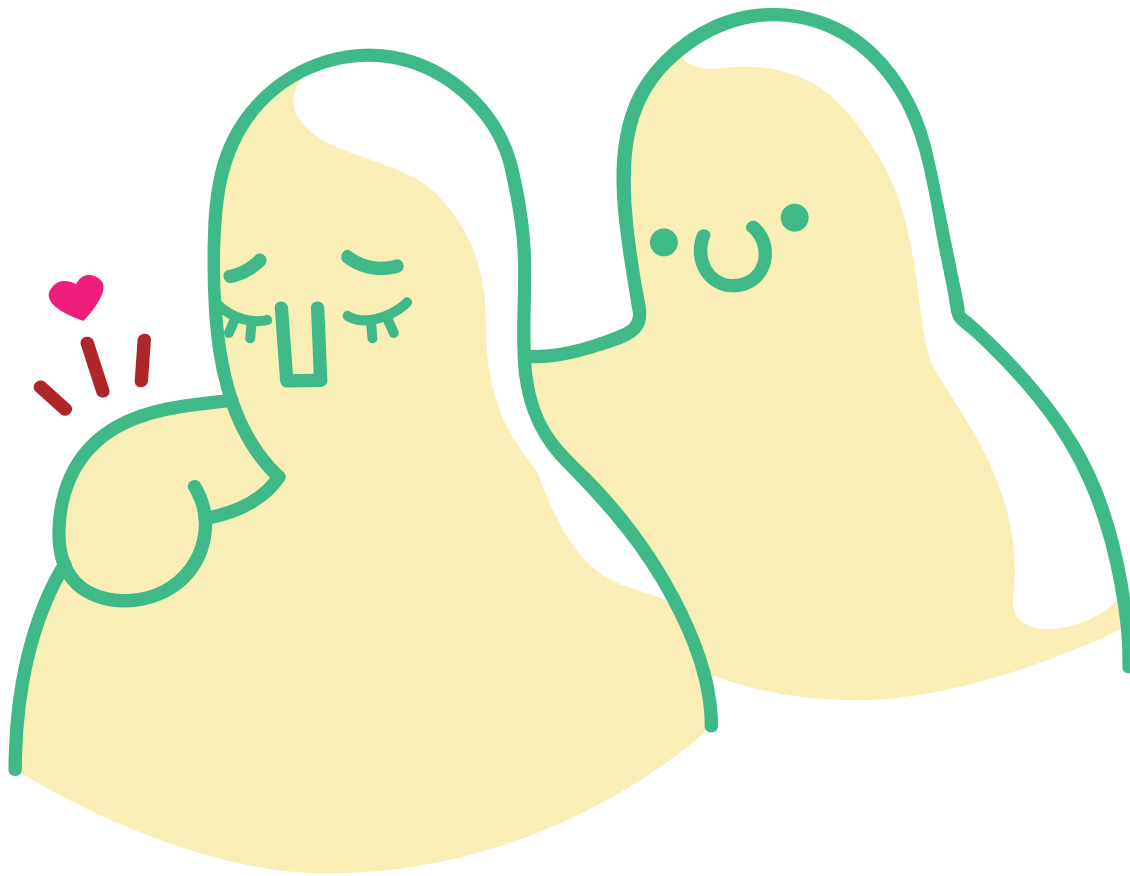


**CoPE
Together**

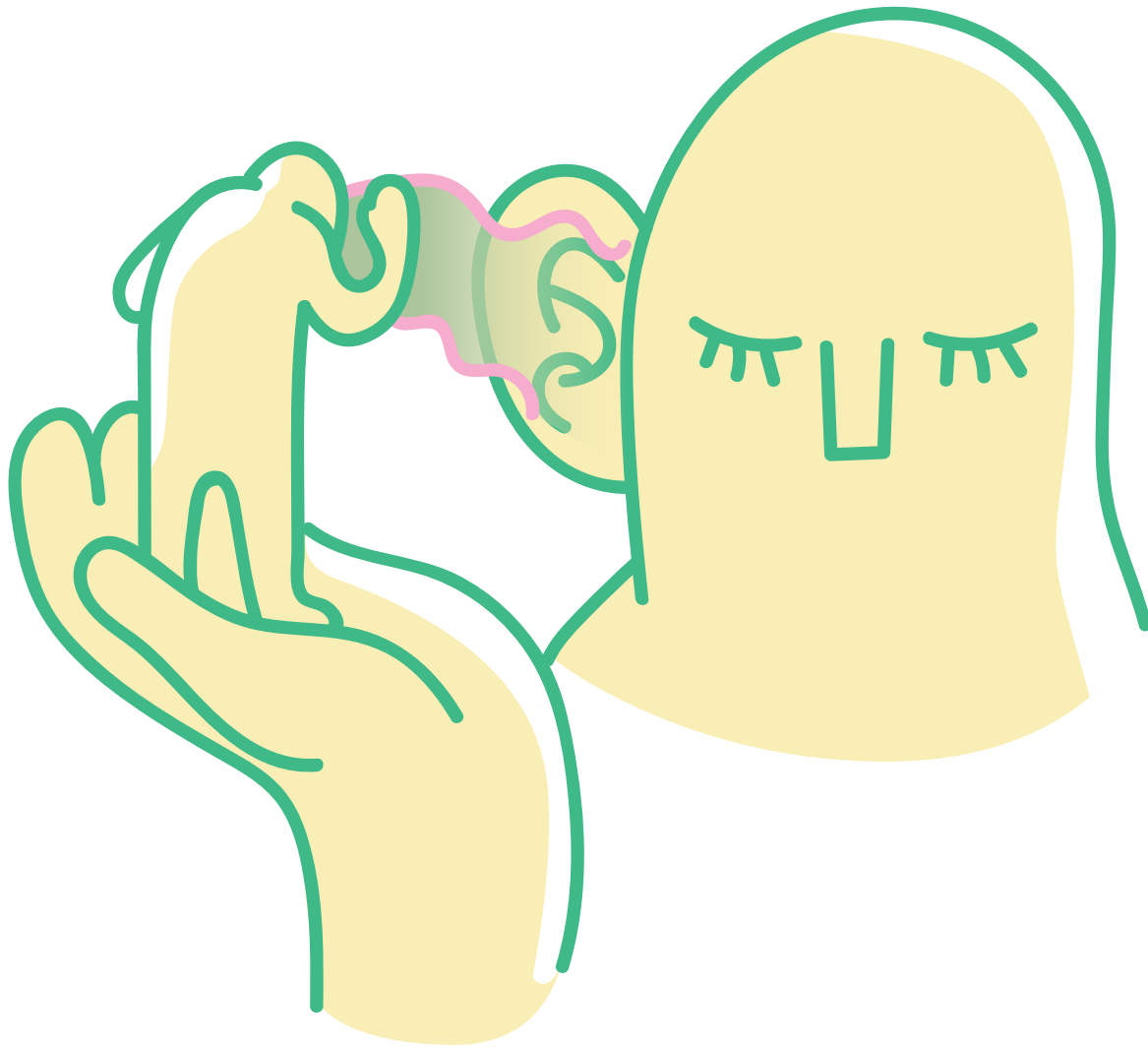
**Supporting Your Friends or Students
in Critical Incidents**



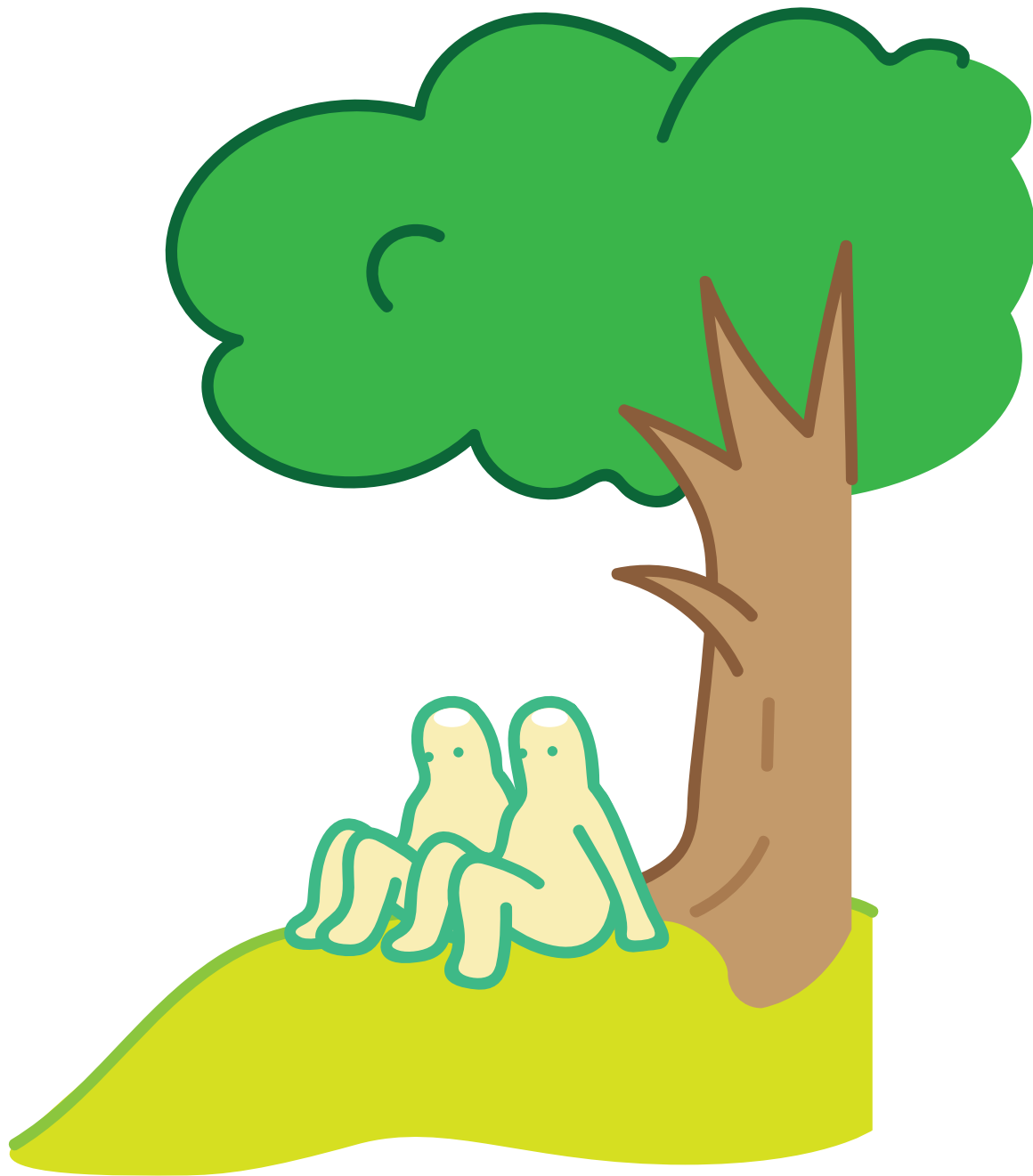
Experiencing or witnessing a critical incident can be distressing. Having a supportive friend will make the process easier.



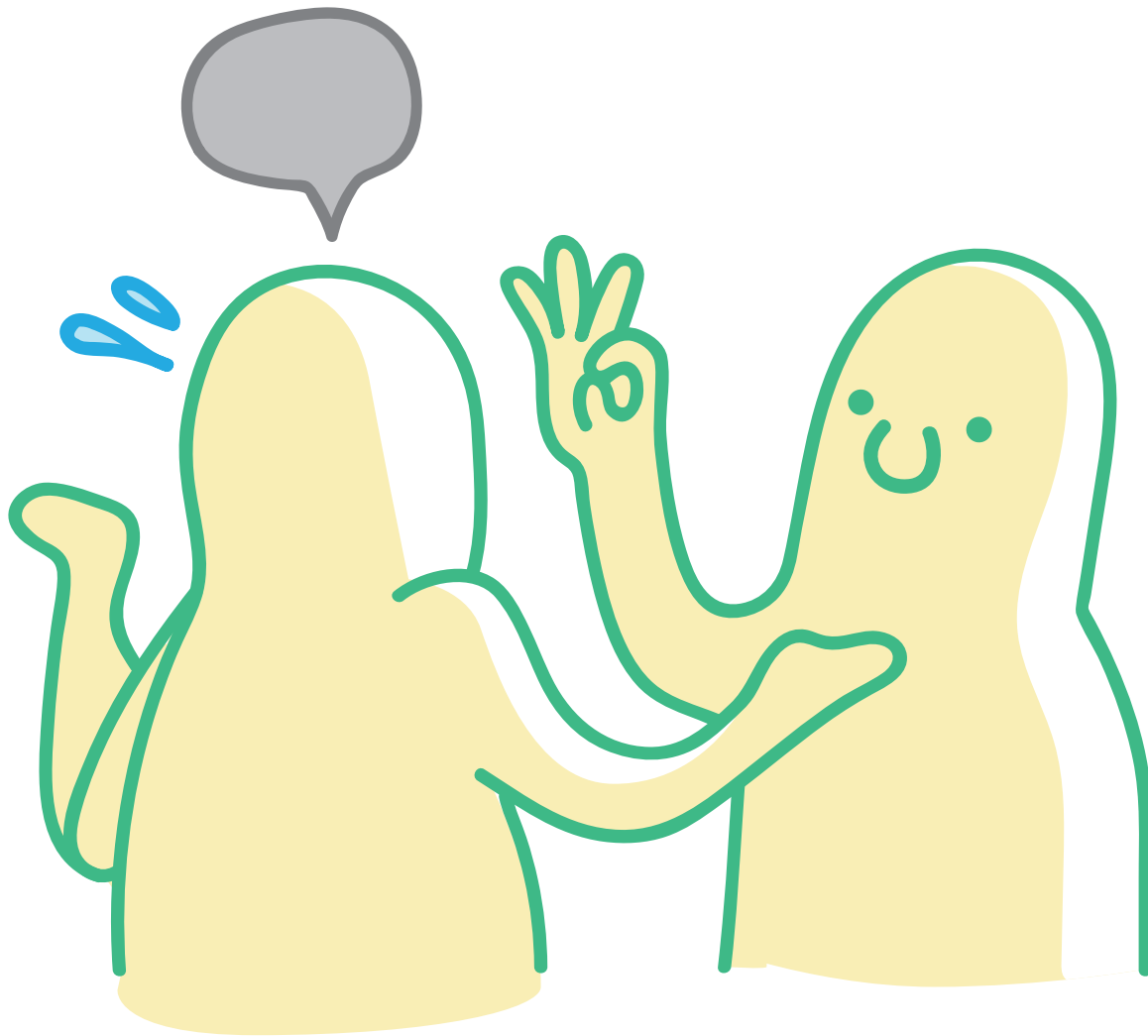
How to support your
friends or students?



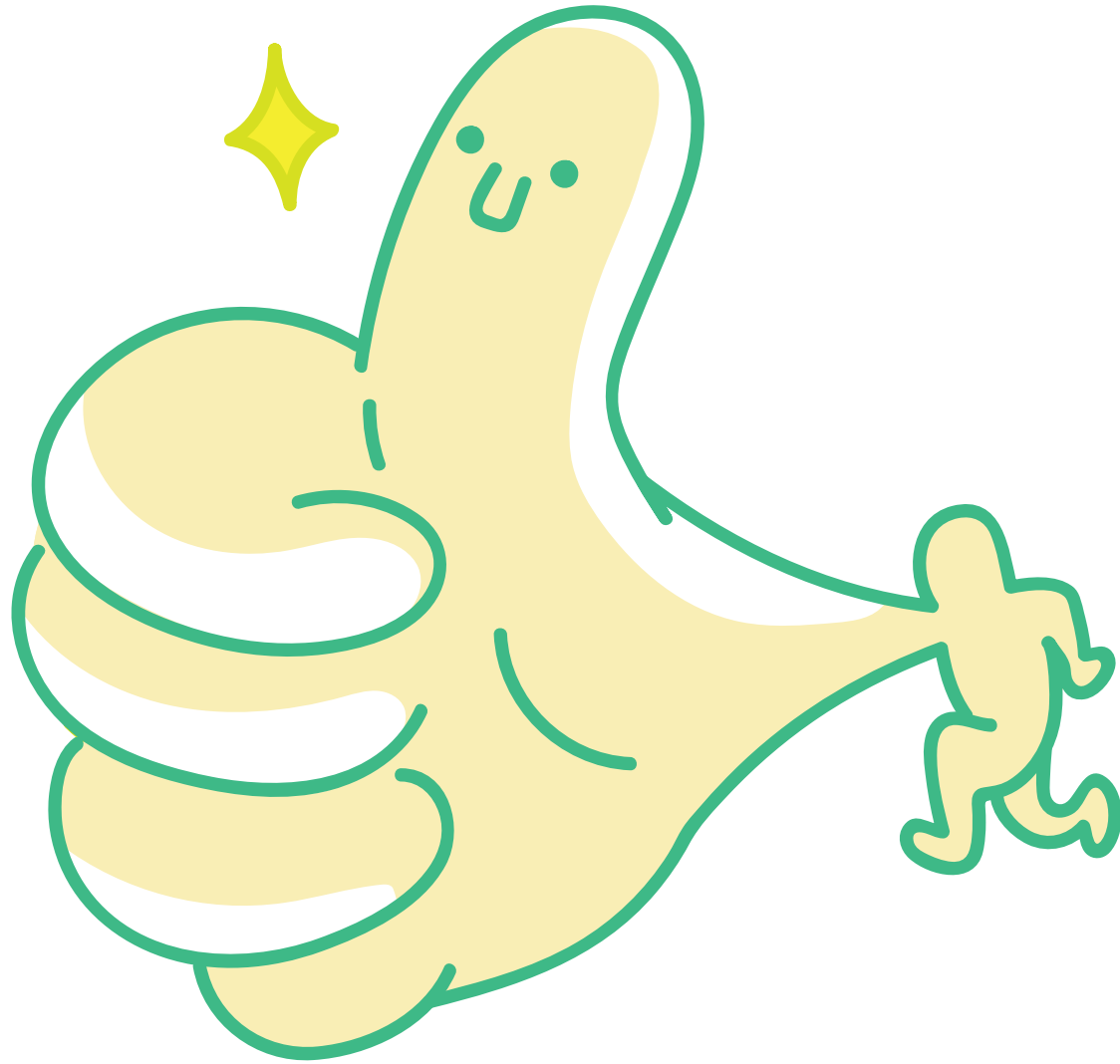
Listen and respect



- Try to find a quiet place to talk
- Respect privacy
- Do not go into details unless they are ready to do so



- Keep an open mind and respect different points of view
- Try to understand their feelings and thoughts



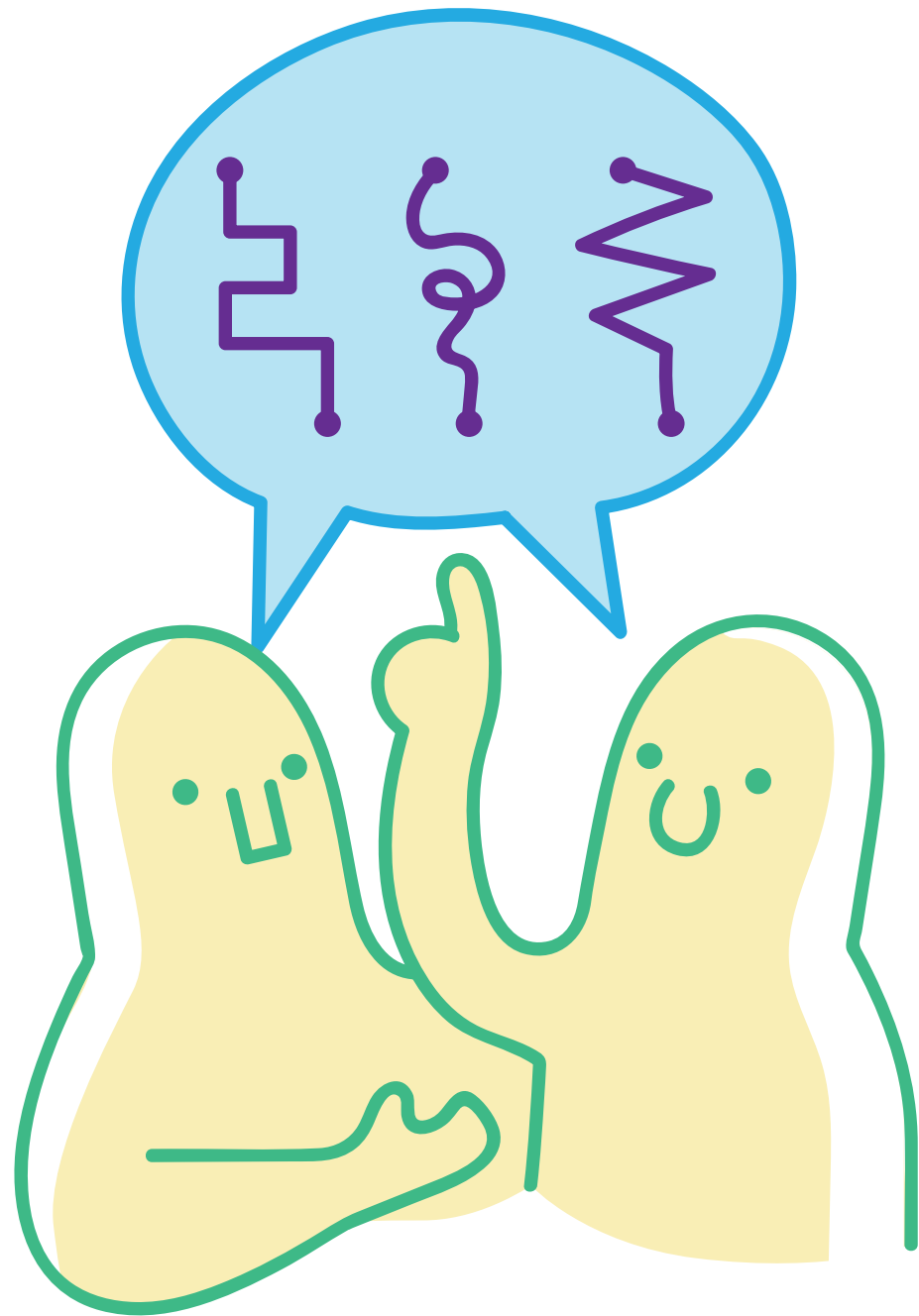
Acknowledge their strengths and the steps they have taken to help themselves and others



Identify practical needs



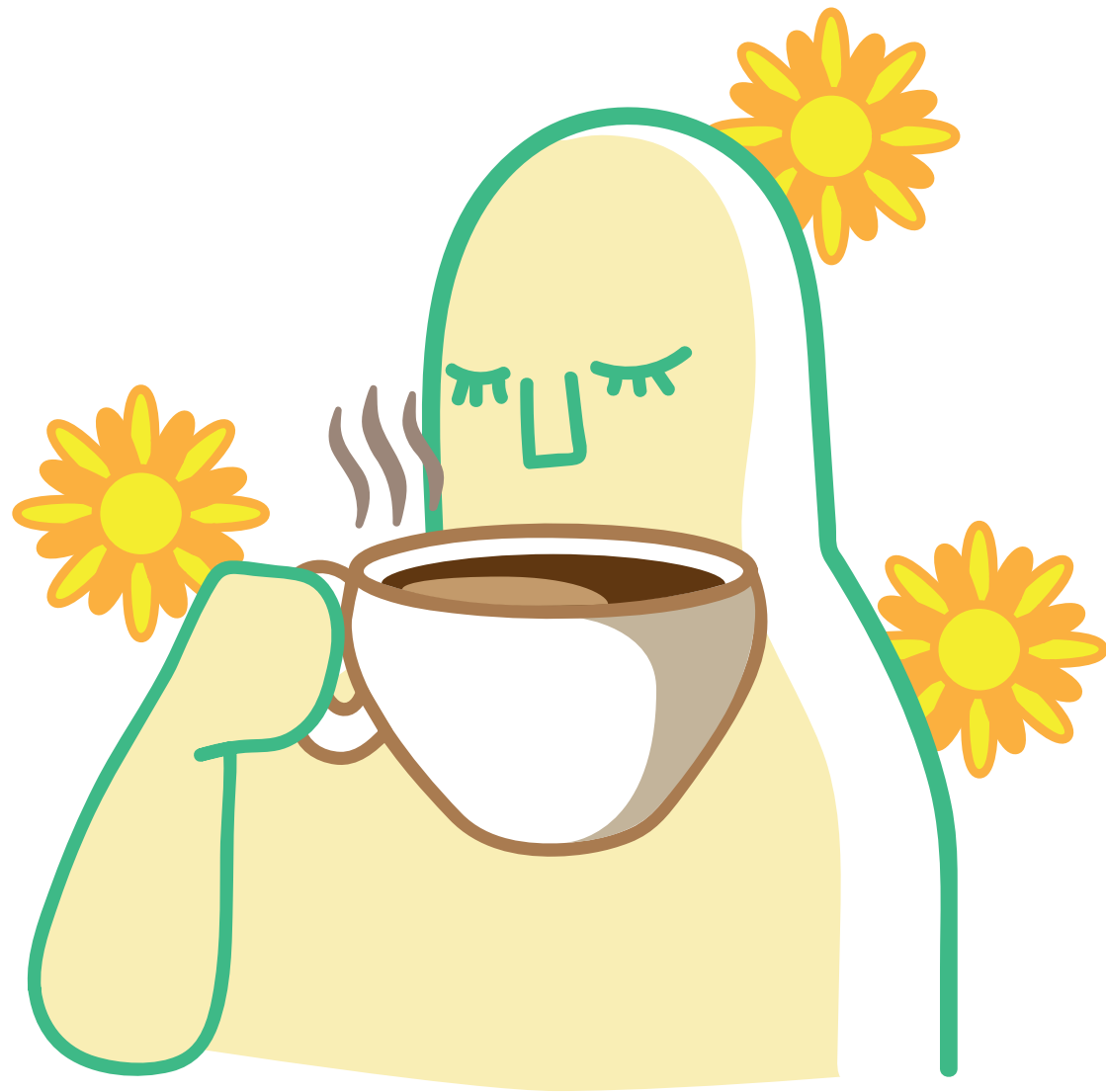
- What are their concerns and worries? (Health, study, family?)
- Encourage them to take care of their safety and psychological well-being



**Brainstorm with them
possible options and do
not give false promises**



Identify sources of support and help them connect with support services if needed

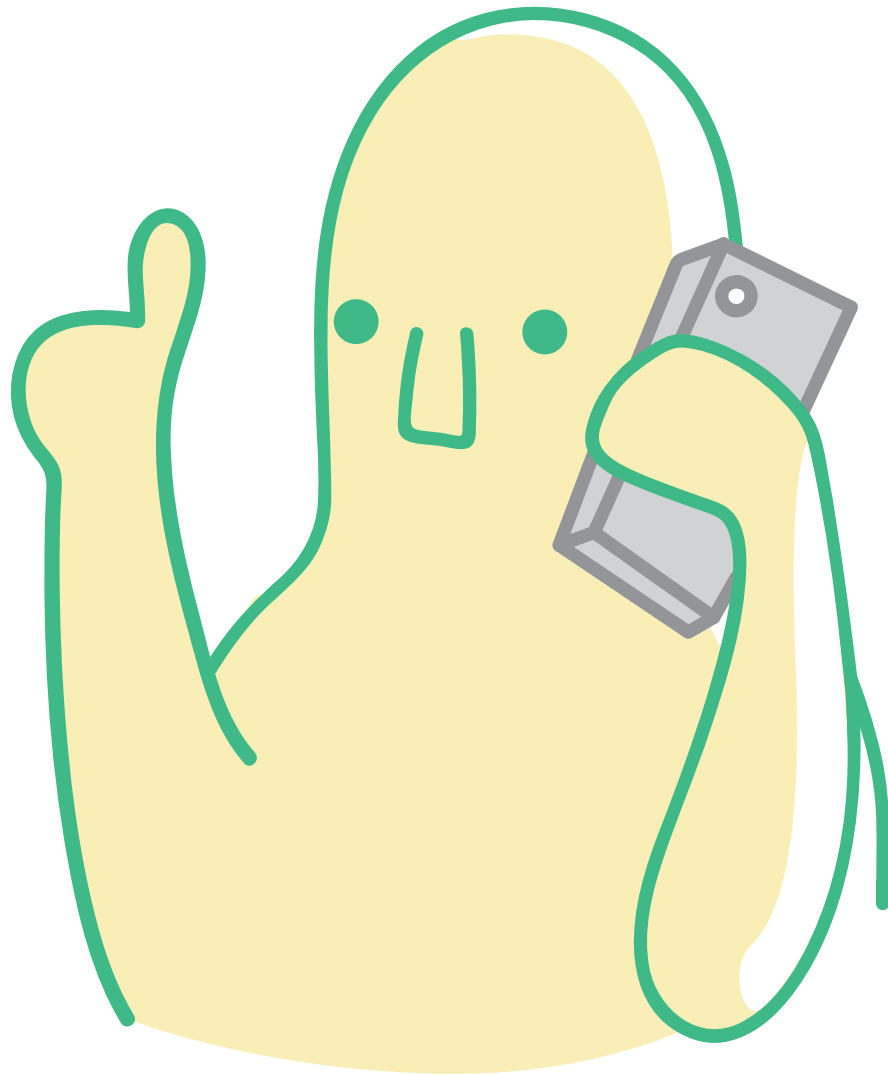


Take good care of yourself



If you are stressed when supporting others, you can try the followings:

- Take a break
- Know what you can and cannot do



If you need professional
advice, call CEDARS-CoPE.
Confidentiality is ensured.



Be kind to yourself and others



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