

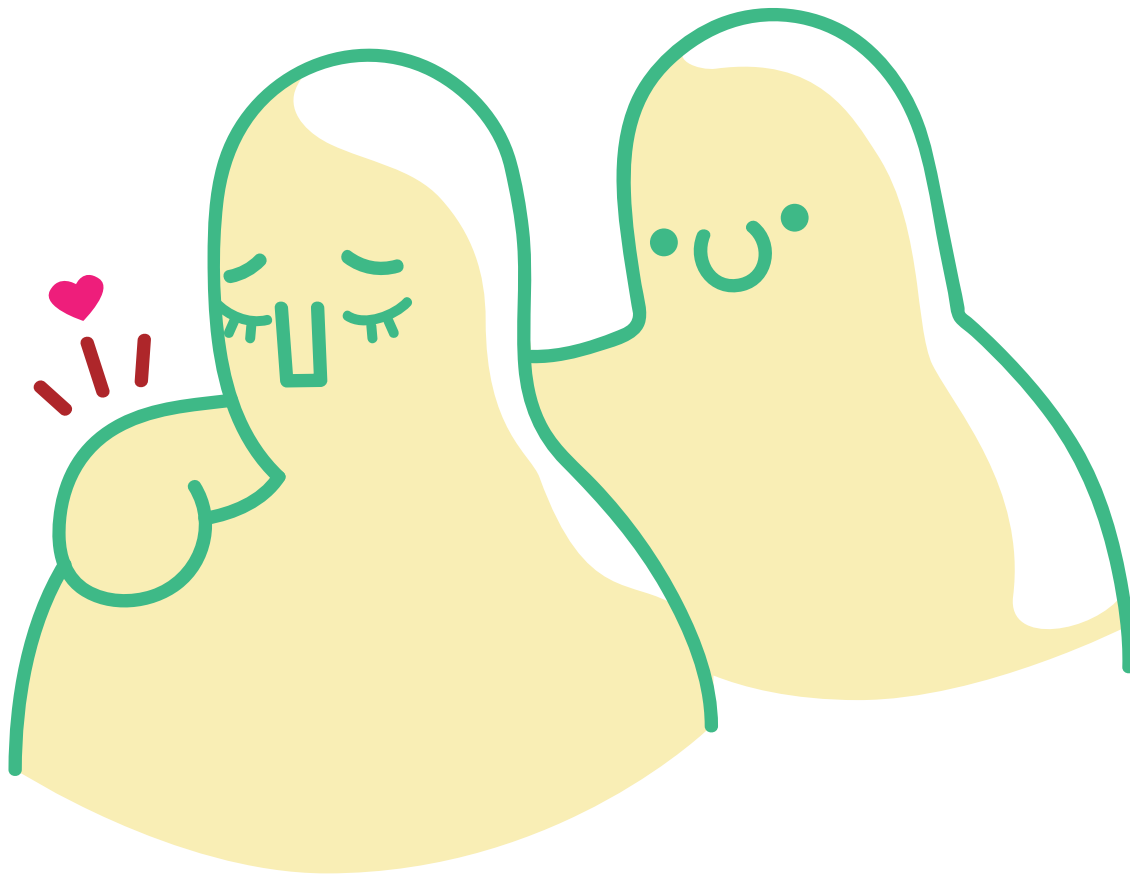


**Supporting Your Friends or Students
in Critical Incidents**

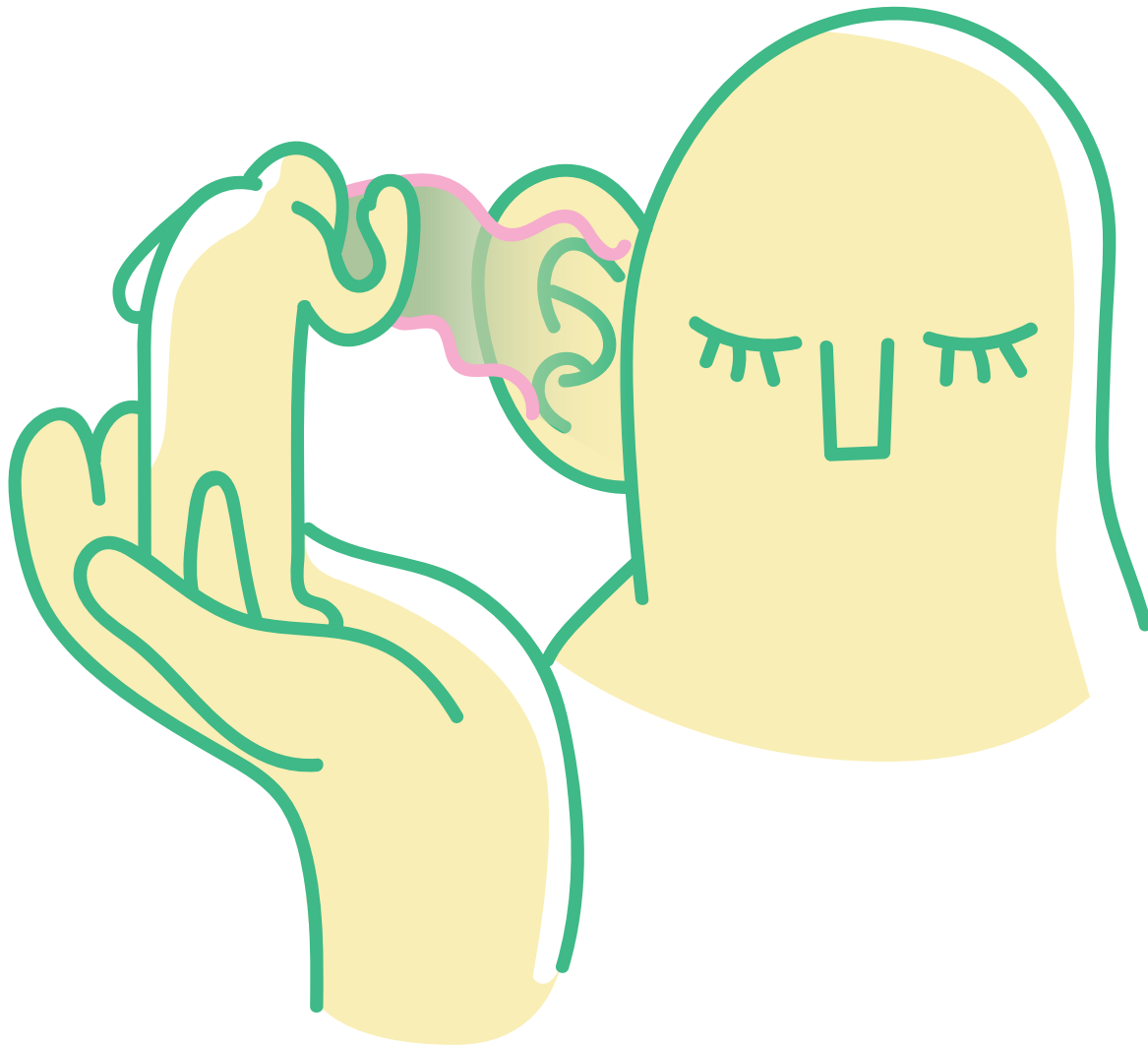
**Cope
Together**



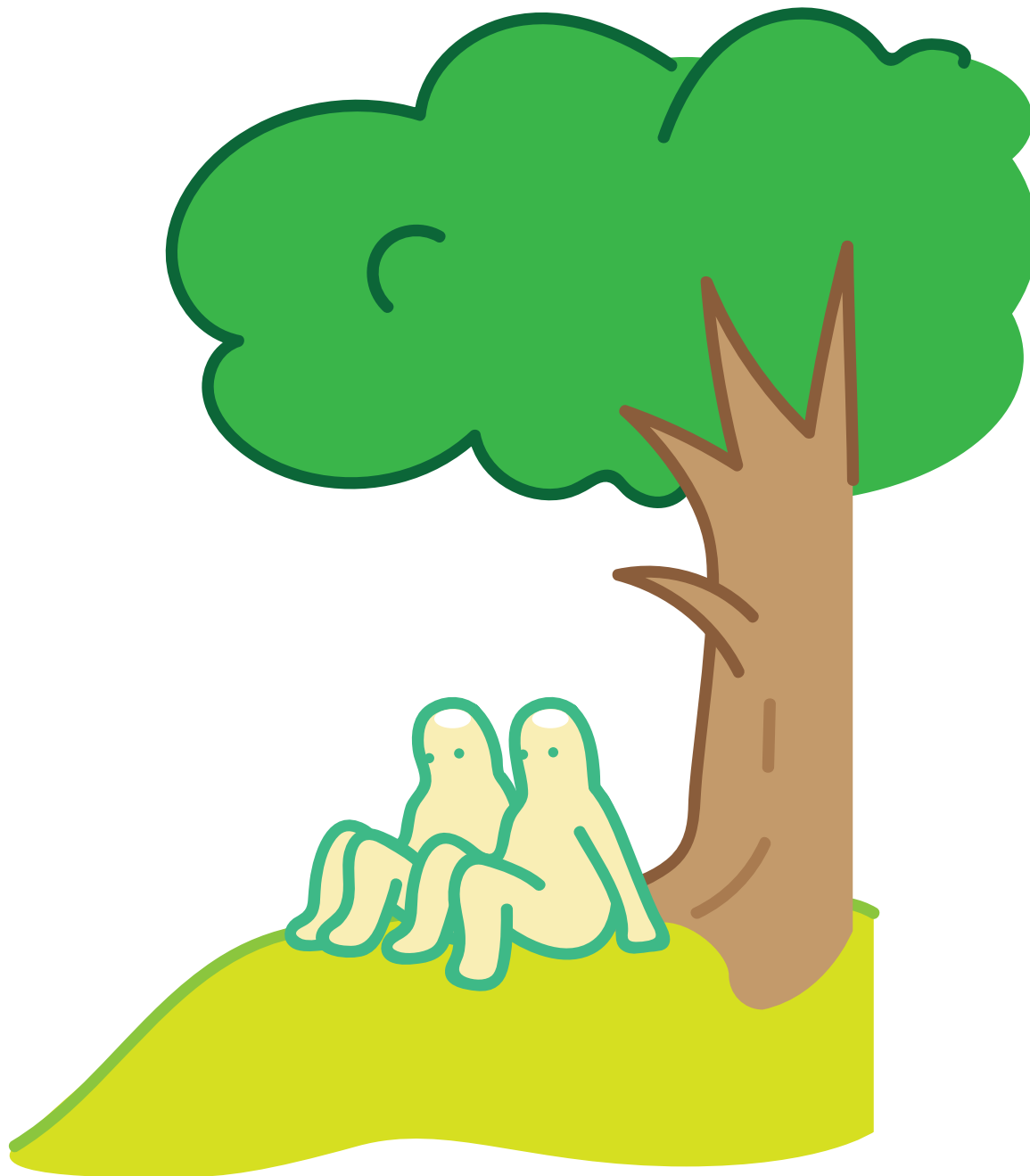
Experiencing or witnessing a critical incident can be distressing. Having a supportive friend will make the process easier.



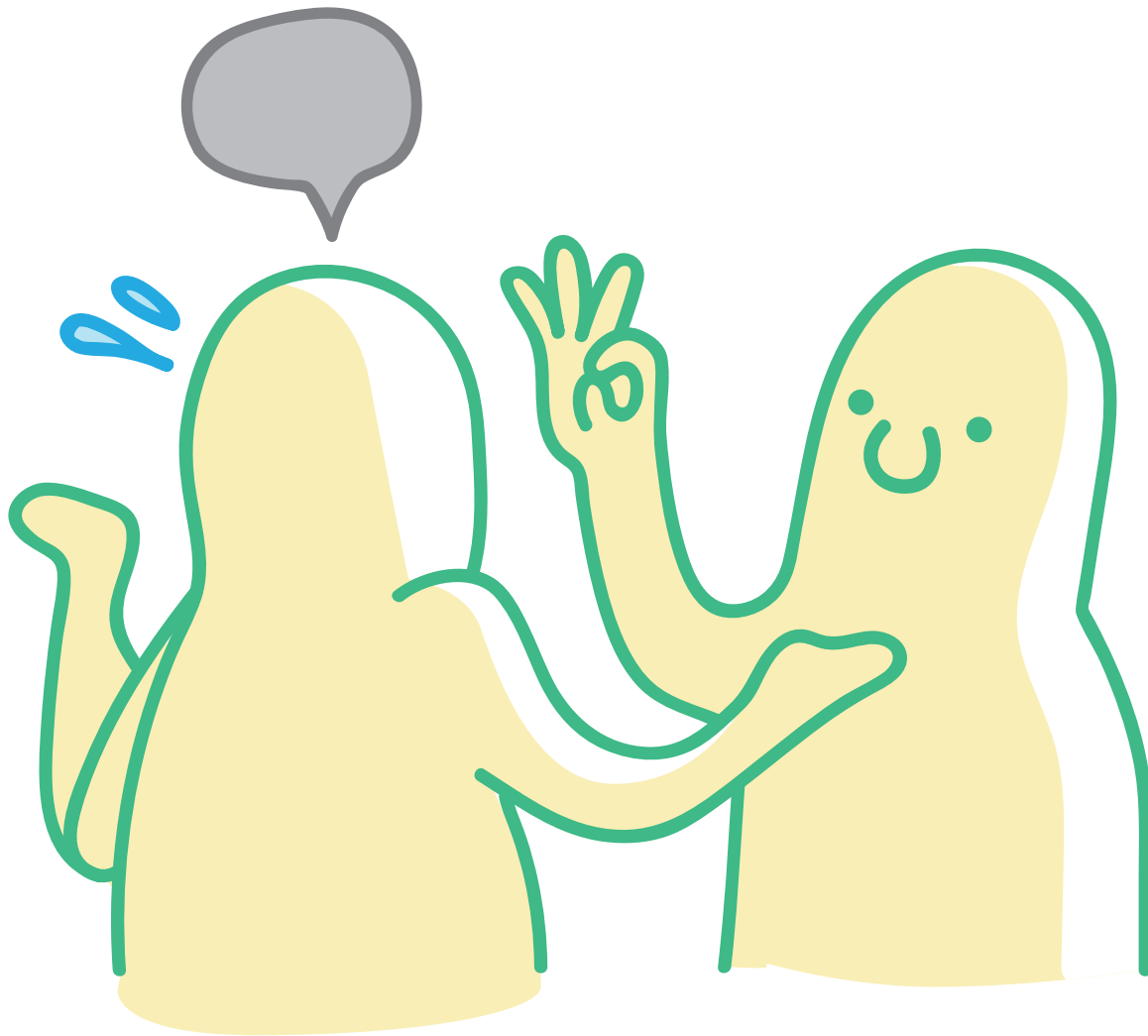
**How to support your
friends or students?**



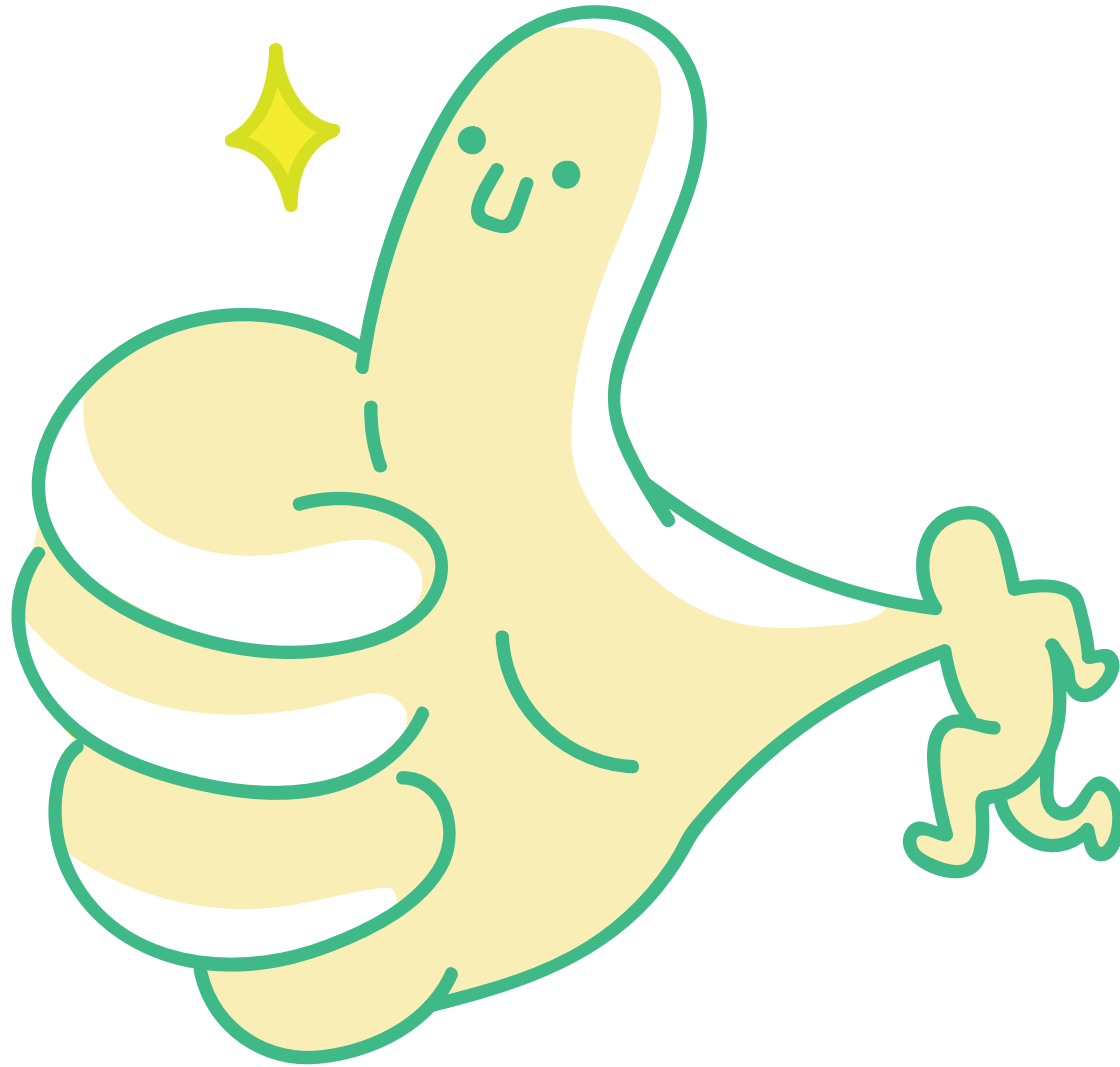
Listen and respect



- 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



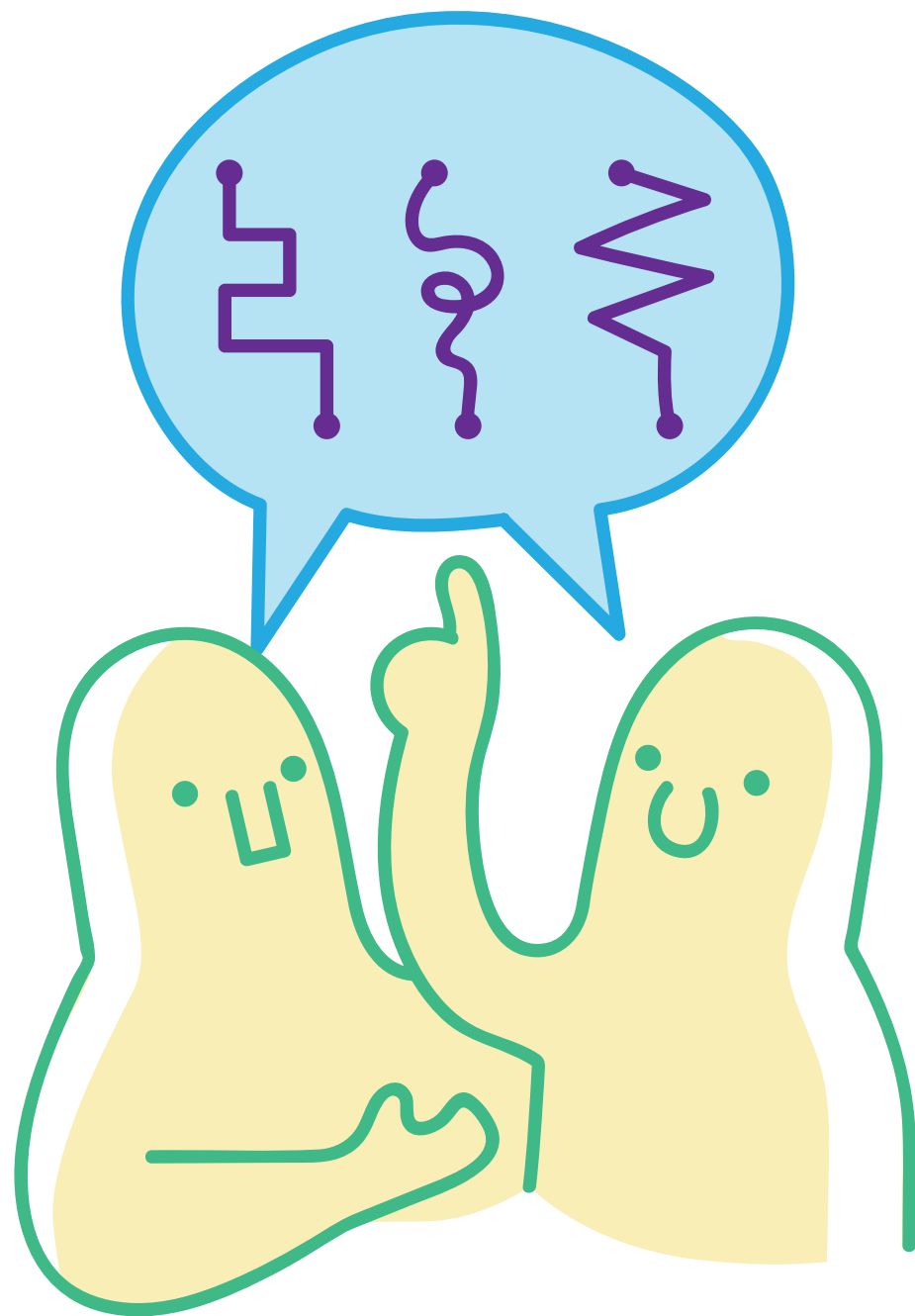
**Acknowledge their
strengths and the steps
they have taken to help
themselves and others**



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

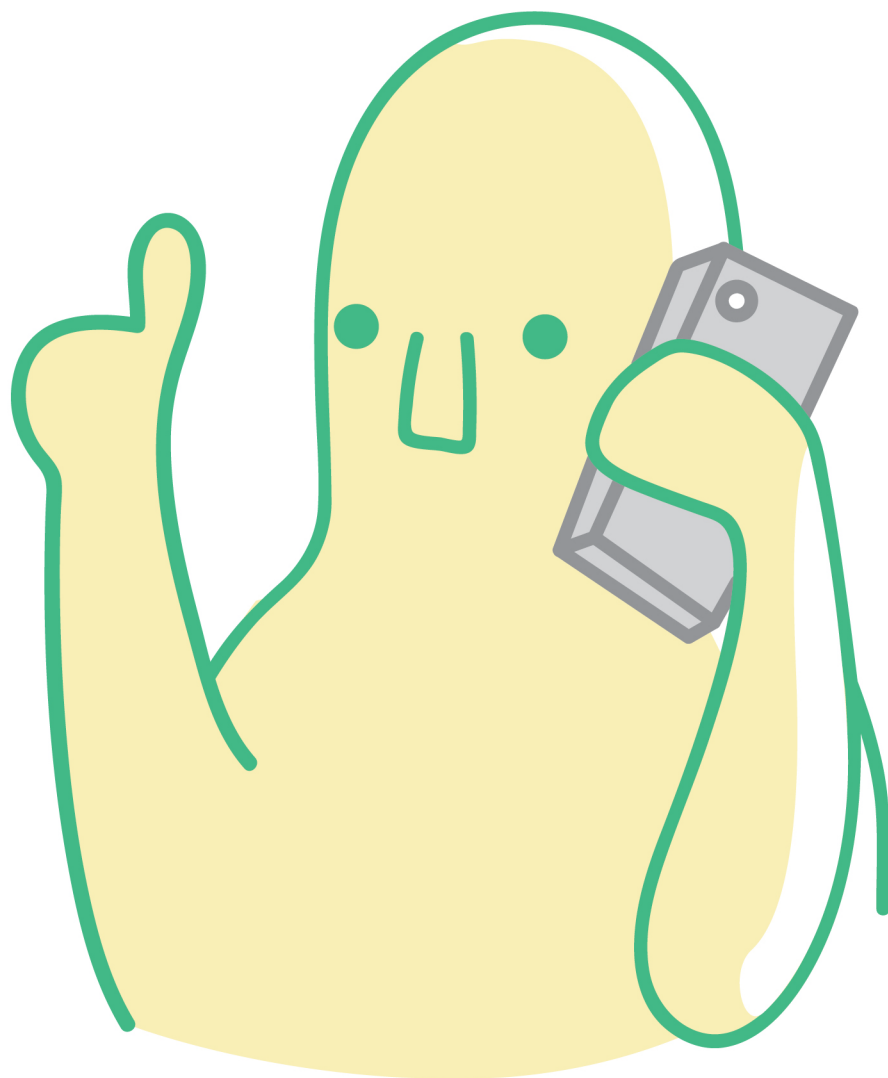


Take good care of yourself



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 Mind and
Wellbeing, CEDARS.
Confidentiality is ensured.



Be kind to yourself and others

