

# SUPPORTING YOUR FRIENDS/STUDENTS

## LISTEN AND RESPECT

- Try to find a quiet place to talk
- Respect privacy
- Keep an open mind and respect differences
- Do not go into the details unless they are ready to do so
- Try to understand the students' feelings and thoughts
- Acknowledge their strengths and what they have done to help themselves and others

## IDENTIFY PRACTICAL NEEDS

- Identify the students' concerns and worries (e.g. health, study, family etc.)
- Encourage students to take care of their safety and psychological health first
- Brainstorm possible options and do not give false promises
- Identify support persons/ services and help the student to connect with them if needed

## TAKE GOOD CARE OF YOURSELF

- If you feel stressed when supporting students:
  - take a break
  - know what you can or cannot do
  - seek support

# 點樣支持

## 你嘅朋友或者學生？

### 用心聽

- 嘗試搵一個安靜嘅地方同佢傾吓偈
- 佢願意同你分享，唔等於佢唔介意其他人知
- 如果佢嘅睇法同感受同你唔同，開放啲了解下
- 除非佢想講，否則唔好迫佢回憶或講當時啲細節
- 嘗試明白、理解佢嘅說法同感受
- 肯定佢嘅能力，比佢知，佢具體做咗啲咩嘢去幫人咁同自己

### 實際需要

- 搵下佢擔心同顧慮嘅嘢（例如家人、健康、學業 等等）
- 鼓勵佢顧及自己嘅安全同心理健康。
- 一齊諗下可能行得通嘅方法
- 你做唔到嘅嘢，唔好應承
- 話俾佢知有咩人或者有咩服務可以支援到佢。有需要嘅時候，幫佢連絡相關嘅人或者服務

### 照顧好自己

- 支援朋友或者學生，少不免會產生擔心同壓力：
  - 容許自己休息
  - 接納自己嘅能力範圍
  - 自己都要搵人分擔同幫手