

WHAT WOULD YOU DO?

Q1: If a friend with a mental illness starts sleeping much of the day...

A1: You could encourage him/her to get out of the house-take him/her to a movie or out for coffee.

Q2: If a friend with a mental illness repeatedly does not want to go out...

A2: You can go to his/her home and be supportive by hanging with him/her, talking, and by just being a friend.

Q3: If a friend with a mental illness is not performing as he/she normally does or is not attending class or work regularly...

A3: You can check in with him/her to see how he/she is doing and how you can help-by being understanding, empathetic and encouraging. It can be as simple as helping him/her to study.

Q4: If a friend with a mental illness is very anxious...

A4: You can be reassuring and avoid belittling or being condescending with his/her concerns.

Q5: If a friend with a mental illness cuts off communication with you...

A5: You can be persistent by continuing to call and visit him/her-to let him/her know that you are there for him/her.

Q6: If a friend confides in you about his/her mental illness...

A6: You can be non-judgmental, treat him/her with as you always have and continue to be a support for him/her.

Q7: If you hear others talking about people with mental illnesses in negative terms...

A7: You can educate them that people with mental illnesses deserve respect and dignity.

Q8: If you notice a friend with a mental illness having significant changes in how he is acting (e.g., appetite, sleep)...

A8: You can encourage him/her to talk with you about what's going on.