



ST. HUBERT MISSION

ANISHILAN, PUNJAB, INDIA. WEBSITE

*RU OK?*

and then, it's good to pause and say something like, "Ok, that's the standard answer. But how are things... really? Are you ok?"

Often it's the second question that makes the difference.

Where to from here?

When someone gives you an indication that they're struggling – that they're not really "ok" – you might sometimes get stuck. What do you say?

Clumsy statements like "you'll be ok" often spill from our lips. We mean well. But this rarely helps. Well-intentioned advice might be our natural response. It's rare that someone who is not ok actually wants our advice though. This is better saved for later.

Instead, try the following:

*Say thanks.* "I really appreciate you letting me know"

*Validate.* "Things can be really rough sometimes."

*Listen.* "I'm here and I'm listening."

*Offer support.* "If there were anything at all that I could do, what would it be?" or better yet, "I think I can help. Are you open to...? (and make an offer of support like a meal or a regular catch up)".

And if someone is in real danger, call Lifeline on 13 11 14.

*Written by Dr Justin Coulson 2023, accessed August 2023, <https://schools.happyfamilies.com.au>*