

How to support a friend going through a mental health challenge

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A strong bond or a strong friendship can enrich your life in many ways. Having a good friend who trusts, respects, and is always there for you is very important. Often, we rely on our friends when we go through tough times in our lives because a true friend will always provide us with emotional support and good advice. Here are some suggestions on how to be a good friend to someone who is going through a mental health challenge:

1. Ask what you can do

Simply asking how you can help is one of the easiest and sometimes one of the best ways to help your friend. Express your willingness to help, listen carefully and your friend will be comfortable sharing their feelings.

2. Keep in touch

Usually, when someone goes through mental health challenges they tend to become isolated. However, isolation makes things even worse, so it is important for you to always check on your friend during these tough times. Call, message, or come in person. Reach out to them. When you start spending time with them, it will make them feel better.

3. Be understanding

If your friend is depressed don't expect them to go out with you every time you invite them. Don't push them to do things they don't want. Try to understand their situation and be mindful.

4. Try something new

Sometimes, your friend may need a distraction. Not all of your conversations have to be about mental health. Try talking about sports, movies, music, etc. Do something together. It can easily boost their mood.