

# I'm Here. How Can I Help?

## 5 Ways to Be Supportive

### It's Not Taboo

- Don't be afraid to start conversations about mental health
- Creating a safe space makes talking about mental health less daunting

### Leave Your Judgment at the Door

- Stigma around mental health is real. Be open and patient.
- Show empathy: "I hear you" "You're not alone"

### "It's Not All in Your Head"

- Recognize their bravery and vulnerability
- Let them know their feelings are valid

### You Matter

- Remind them that your door is always open/ you're only a phone call away
- Encourage them to seek support any time they need

### There Are Other Tools in Your Toolkit

- Coping with mental health can be challenging and YOU can only do so much.
- Become familiar with the free resources available for additional support - for 24/7 support call, **1-800-273-TALK**. Sometimes help from a professional may be needed.



[InflammatoryBowelDisease.net](http://InflammatoryBowelDisease.net)

