## I'm Here. How Can I Help? 000 5 Ways to Be Supportive 000 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. 0 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. MultipleSclerosis.net

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