



OUTSIDE THE LOCKER ROOM

IDENTIFY

Have you noticed something with a friend or family member?
Here are some signs that they be be going through a difficult time:

- Change in character/personality
- Change in appearance
- Mood changes
- Isolation
- Aggressive
- Removal from social interactions
- Quiet
- Over-active

APPROACH

- Be upfront and ask outright, are you ok?
- Think of the environment, approach the conversation in a comfortable or private setting
- Explain the signs that you have noticed and ask how they are
- Listen to hear rather than to respond
- Be prepared that they may not want to talk right now

Want to approach them to see if they are ok?
Here are some tips to keep in mind:

SUPPORT

What happens next?
How can you support them moving forward?

- Encourage them, let them know they are not alone
- Follow up and check on them regularly
- Allow them to know you are there when they are ready to talk
- Formulate a plan for support
- Encourage professional support if needed
- Educate yourself and them on services available