These are uncertain times, and our loved ones may be feeling anxious and worried. We can do our part in extending our support and concern towards them.

1. Look out for signs of distress
2. Express concern without judgement
3. Find out more about the problem first
4. Listen with respect
5. Be empathetic
6. Avoid using judgemental statements
7. Avoid trivialising the problem
8. Be patient & understanding
9. Reassure them that you are there for them

Learn how you can stay well to stay strong at healthhub.sg/staywell