SUPPORTING YOUR FRIENDS/STUDENTS

LISTEN AND RESPECT

• Try to find a quiet place to talk
• Respect privacy
• Keep an open mind and respect differences
• Do not go into the details unless they are ready to do so
• Try to understand the students’ feelings and thoughts
• Acknowledge their strengths and what they have done to help themselves and others

IDENTIFY PRACTICAL NEEDS

• Identify the students’ concerns and worries (e.g. health, study, family etc.)
• Encourage students to take care of their safety and psychological health first
• Brainstorm possible options and do not give false promises
• Identify support persons/services and help the student to connect with them if needed

TAKE GOOD CARE OF YOURSELF

• If you feel stressed when supporting students:
  ○ take a break
  ○ know what you can or cannot do
  ○ seek support

Counselling and Person Enrichment
(Tel) 3917 8388 | (Email) cedars-cope@hku.hk