

How to voice your concern

Trust your intuition and feelings towards your concern. Intervention and bringing up the subject for discussion is in everybody's interest.

Choose a suitable time and place for the conversation: go for a walk together or aquajogging, have a cup of coffee together, play a game, go for a drive ...
Think in advance how you intend to start the discussion and express your concern:

"I haven't seen you for a little while: how are you doing, how's it going?"

"You've been looking more tired lately: how are you, how are you managing?"

In these openings, there is no direct talk about, for instance, mental well-being or substance abuse, but through these questions, you can map the overall situation of your close friend or relative.

It's important that you listen. Consider solutions together. Think about where it may be possible to ask for and get help. If needed, give advice on where to get help: for example, a university/college study psychologist or student health care.

You must also accept if the other party refuses to talk. You can be satisfied that you tried to discuss the matter and communicated your care and concern towards the other person.

Look after your own coping skills as well. You can't carry the burden of continuous concern, because this will wear down your own resources. Set your own limits and stick to them to be able to protect yourself.

