Set boundaries to protect your relationship and your own mental health.

Be There Golden Rules

1. Say what you see
   - Speak to the facts without making assumptions.
   - Hey, haven’t heard from you in a while. How’s it going? You doing alright?

2. Show you care
   - Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.
   - I care about you. What can I do to help? I’m here if you need anything.

3. Hear them out
   - Open up space for them to speak. Ask follow up questions and validate how they’re feeling.
   - I hear you, that sounds super hard. Can you tell me more about that?

4. Know your role
   - Set boundaries to protect your relationship and your own mental health.
   - My job is to just be there and listen, not to fix things.

5. Connect to help
   - Offer support to help them find resources, get help and know what to expect.
   - You’re not alone. Have you thought about talking to a professional or an adult you trust in your community?