

# How to **SUPPORT A LOVED ONE** Going Through a Tough Time During **COVID-19**

1

Treat the person with **respect** and **dignity**.

2

Offer consistent emotional **support** and **understanding**.

3

Have realistic **expectations**.

4

Give the person **hope**.

5

Provide practical **help**.

6

Offer **information**.



**NATIONAL COUNCIL**  
FOR BEHAVIORAL HEALTH

\*Information provided in the Mental Health First Aid curriculum. \*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.

