

**C A R E**

**ASK**



**Say something like:**

**"I'm really glad you told me  
about this. I'm sorry you're  
feeling this way, but I want you  
to know I'm here for you and we  
will get through this."**

Recognise how well they've done in talking to you. Keep your tone calm and genuine. Try to avoid anything that feels patronising or childish. You want to strike the balance between recognising their effort and treating them like a young person instead of a child.