FREE WORKSHEET · CONVERSATIONS

Looking Out for Each Other

A conversation about support, and where it stops

Looking out for the people around you is a good instinct. The difficulty comes when it slides into carrying them: covering for them for months, becoming their only support, or feeling responsible for how they are. That helps nobody for long, including the person you are trying to help.

This conversation is about getting the balance right before it is needed. Nobody has to share anything about their own wellbeing to have it.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

01

Think about it first

EXERCISE

On your own

1. Someone I tend to look out for, and what that takes from me:

2. What I would want someone to do if they were worried about me:

02

Opening question

> ASK THEM
>
> "How would you know if I was having a hard time? How would I know about you?"

03

Going deeper

- What does helpful support look like to you, and what does not help?
- When does helping someone start to cost too much?
- What do we do now when one of us is struggling? Does it work?
- What help is there beyond the two of us, or beyond the team, and do we know how to reach it?
- What would you want me to do if I was worried about you?

> IF YOU ARE STARTING IT
>
> Keep it about how you look out for each other, not about one person's problems. If it turns into a conversation about someone who needs more help than you can give, that is useful to know: the next step is helping them reach it.

04

What we agree

EXERCISE

Before you finish

1. How we will check in with each other:

2. Where we will turn if one of us needs more than the other can give:

3. When we will come back to it: