

## Tips: What else can I do?

Feelings take a lot of energy, and sometimes that doesn't leave much space to handle everyday activities. Helping with small household tasks or errands can make a big difference. Even with social distancing, you can find ways to give practical help.

### **"Can I help with a task?"**

Offer to help with chores, like picking up groceries or taking their pet for a walk.

### **"Can I offer you a ride?"**

If safe, offer them a ride to an upcoming appointment or join them on the bus.

### **"Can I better understand your mental health condition?"**

When you become more familiar with their symptoms, you can better understand their experience.

### **Include them in plans.**

Even if they don't feel like joining, let them know they're welcome.

### **Make them a meal.**

Offer to make a favorite meal or tasty dessert. You can enjoy it together or just drop it off.

### **Find new ways to spend time together.**

Consider a chat from your car, order a special treat, or enjoy a movie or book together.

### **Help them find help.**

If they need a mental health professional, you can help them research.

