

Tips to Support Someone who is **OVERWHELMED**

There are **times** when **individuals** will become **overwhelmed** with juggling work, social obligations, and life in general.

Often these **feelings** are **temporary**, but at times the **stress may build**, particularly if there are other compounding issues.



Act by checking-in with them, and **ask open-ended questions** like, 'You've been busy, how are you doing?'



Build trust, by **listening and empathising** with the person



Communicate in safe language and **signpost** to information, support, and services

