

BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

Tips for Supporting Each other

Instead of saying:

- **Don't panic!**
- **Calm down!**
- **Stop being so sensitive!**

Let's try:

- **Yes. This is frustrating and difficult.**
- **I hear you.**
- **How can I help?**
- **What do you need that we can address in this moment?**
- **I understand how you could feel that way.**

