

# Listen and connect with each other

- Genuine interest really helps
- Don't approach others as having a problem that you have to fix
- People sometimes just need to tell you their story, to be heard, to be validated
- For others - they are processing stressful experiences by speaking them out loud
- Signpost people to the helpline numbers if they need extra support



Information provided by:

The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust  
Poole Hospital NHS Foundation Trust