

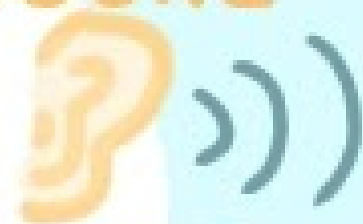
Anxiety

in lockdown

How to help others

DON'T PRESSURE THEM

LISTEN TO THEIR WISHES AND TAKE THINGS AT THEIR PACE



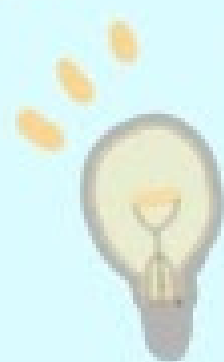
ASK HOW YOU CAN HELP?

FROM DOING BREATHING EXERCISES WITH THEM TO TALKING TO THEM CALMLY, ASK HOW YOU CAN SUPPORT THEM WHEN THEY START TO FEEL PANICKED



TRY TO UNDERSTAND

ASK ABOUT THEIR EXPERIENCE - HOW IS ANXIETY IS AFFECTING THEM? WHAT MAKES IT BETTER OR WORSE?



SUPPORT THEM TO SEEK HELP

OFFER TO HELP THEM ARRANGE A DOCTOR OR THERAPIST'S APPOINTMENT OR HELP THEM RESEARCH DIFFERENT OPTIONS FOR SUPPORT