



You were asked to be someone's person? That's so cool!!!

How great is it that someone thinks *you* would be the best person to come to if they need some support or help?

There really isn't anything you have to do other than to be available to them if they reach out.

But, here are some tips anyway.

IF THEY REACH OUT

- Get curious and listen. Sometimes, people feel better just sharing what they are feeling.
- Be positive and avoid judgement.
- Ask if you can help. "Would you like some advice or would you rather I just listen?"
- Remember, you are not responsible for solving all their problems. You are there for support and guidance when it is needed.

IF YOU WANT TO CONNECT A LITTLE MORE

- Check in. You don't have to just say, "How are you doing?" Let them know you are thinking about them by sharing something you love, e.g. a book, a song, a funny meme, etc., sending a picture of something that reminded you of them or just simply texting, "Thinking of you today."
- Find common ground. If it was a younger person who chose you, find some things or interests you can connect on. This can be anything, e.g. sports' teams, food, a great movie.
- Get to know them. Ask some casual questions. "What are you watching right now?" The more connected you are, the better chance they will come to you if they need some help.

If you need professional support, please check out the resource page on the website. ridgewoodlighthouseinitiative.org