

**Bobcats Reaching Back- Discussion Guide**

1. What are some instances when friends were exactly what you needed to get through a difficult time?
2. What is the best way for a friend to be supportive?
	* + Listen
		+ Relate (if possible)
		+ Understand
		+ Respect
		+ Avoid judgment
3. Do you ***always*** need ***advice*** when you are struggling?
	* + Sometimes people just need to vent
		+ Often they have already considered options
4. When someone experiences the loss through death of a loved one, do they ***always*** need to seek professional counseling?
	* + Often the support of loved ones is the very best thing for them
		+ People have different ways of processing grief
		+ Different racial & ethnic groups may have their own culturally-based ways of moving through grief
5. When is a problem “too much” for friends and family?
	* + When they (family/friends) feel overwhelmed
		+ When symptoms get worse or don’t abate after a prolonged period
		+ When you need an unbiased listener
		+ When someone has become suicidal