

**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