



HOW TO HELP A MATE

A

Ask + Listen

B

Build a Plan

C

Connect to Help

D

Dedicate time to Prayer



Ask good open questions
and listen like a pro.

When he's ready, help
him think through actions
he can take.

Share examples of how you
and other men have dealt with
similar struggles.

Find services that are setup
to help if needed - GPs
counsellors, helplines,
and men's groups.

Make sure you check in and
find out if he's getting help.

Pray like it all depends
on God.