



## Tips for talking meaningfully to those in hardship or under strain

Put aside  
advice  
and  
judgement

Be a  
sounding  
board

Let them tell  
their story

Discuss their  
strengths

Give  
unconditional  
encouragement

Acknowledge  
their  
challenges

**Prevent loneliness**

**Visit [loneliness.org.nz](https://loneliness.org.nz)**

