

# SHOW YOU CARE



WHEN SOMEONE YOU CARE ABOUT IS STRUGGLING,  
IT CAN BE HARD TO KNOW HOW TO HELP. USE THIS  
SIMPLE C.A.R.E. ACRONYM TO GUIDE YOUR SUPPORT  
WITH COMPASSION AND CONFIDENCE:

**C**

## CONNECT

Check in. Start a genuine conversation in a safe, relaxed space.

**A**

## ASK

Ask open questions. Listen closely. Notice changes in mood or behavior.

**R**

## RESPOND

Encourage support. Share resources. Offer to help them take the next step.

**E**

## EMPATHIZE

Validate feelings. Be kind, patient, and non-judgmental. Let them know they're not alone.