

WHEN SOMEONE CONFIDES IN YOU

WE WANT TO TELL YOU THAT...



- **Being supportive of a friend does not mean taking responsibility for their life and decisions.**
- **You don't have to be available 24/7. You yourself need to rest sometimes.**
- **It's okay to say no if you don't have the energy to help someone else.**
- **You don't need to know the answers and the right solutions - there are experts for that.**
- **If you're trying to be supportive of a friend, you're doing the best you can, and that's often more than enough. ❤️**

If you're worried about someone close to you and don't know what you can do, call the helpline.



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DUŠI**

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