


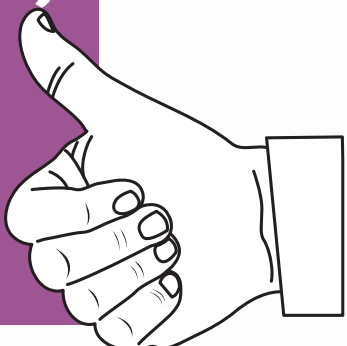
Not sure what to say to someone with anxiety....




Supportive Communication



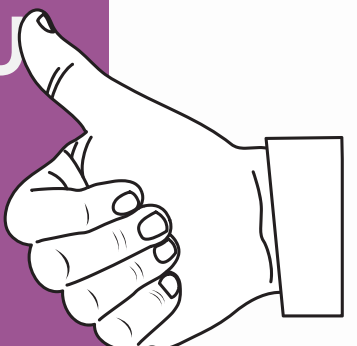
'I UNDERSTAND
BUT IT'S REALLY
NOT A BIG
DEAL' !




'WHAT'S
WORRYING YOU,
AND HOW
COULD I HELP
TO EASE IT' ?




'NO NEED TO
STRESS, I KNOW
EXACTLY HOW
YOU FEEL' !



'HOW CAN I
SUPPORT YOU,
OR WOULD YOU
RATHER I JUST
LISTEN' ?



'EVERYONE
GETS STRESSED,
IT WILL PASS'!



'IT SOUNDS LIKE IT'S
REALLY HARD, HOW
CAN I SUPPORT
YOU'?



ECP
Education Child
Protection

