



**Shatterproof**

Stronger than addiction

# When You Care, **A.S.K.**

**Quick tips to support  
others when it matters**

Supporting a friend through mental health or drug and alcohol challenges can make a big difference — sometimes a lifesaving one.

Make that difference in someone's life by practicing **A.S.K. — Acknowledge, Support, Keep-in-Touch** — the new "stop, drop, and roll" for emotional support.

# A.S.K.

## Acknowledge

**Validate how they're feeling**

Start the conversation, give your full attention, and let them know what they're going through is valid.

Stepping up with empathy helps break down the shame they may be feeling. Try simple responses like, "That must be really tough on you" or "If it were me, I'd be overwhelmed, too."

**ACTION:** Learn more about co-occurring disorders:  
[shatterproof.org/learn](https://shatterproof.org/learn)



# A.S.K.

## Support

### Listen and ask what they need

Showing up for someone who's struggling is one of the most meaningful things you can do.

Rather than asking "if" you can help, ask what you can help with, even if it's as simple as helping make a phone call or scheduling a check in later in the week.

**ACTION:** Check out resources that can help you support them and take care of yourself:

[shatterproof.org/howtohelp](https://shatterproof.org/howtohelp)



# A.S.K.

## Keep-in-Touch

**Stay consistent, show you care**

Mental health and substance use concerns can feel isolating.

See if they want to go for a walk or get coffee, include them in group plans, or just text during the week so they know you're thinking about them.

**ACTION:** When they're ready, take an online survey together to see if it's time for professional help:  
[shatterproof.org/DSM](https://shatterproof.org/DSM)



# Remember, no one is alone.

Even small acts of kindness—like checking in, spending time together, or simply saying “I’m here for you” — can be incredibly powerful.

You don’t need to have all the answers; your presence and compassion are more than enough.

Find help and hope at  
[shatterproof.org](https://shatterproof.org)



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