



L.O.V.E

THROUGH
MENTAL HEALTH CHALLENGES

LET'S COLLABORATE

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THROUGH
MENTAL HEALTH CHALLENGES

*HOW TO HELP ANOTHER
HEAL AND RECOVER*

When someone is struggling with their mental health, we often ask:
“What should I say? What should I do?
How do I help?”

This toolkit offers a simple, human starting point.
It is not a replacement for professional care.
It is a way of showing up with presence, compassion, and emotional safety.

It is called **L.O.V.E.**

L — Listening
O — Openness
V — Validating
E — Empathizing and Encouraging

L – LISTENING

Listening means being fully present without trying to fix.

WHAT IT LOOKS LIKE:

- Giving full attention
- Not interrupting
- Allowing silence
- Staying present without rushing solutions

HELPFUL PHRASES:

- “I’m here. I’m listening.”
- “Tell me more.”
- “I want to understand.”

AVOID:

- Giving immediate advice
- Interrupting
- Minimizing feelings

* People heal when they feel heard.

V – VALIDATING

Validation means acknowledging someone’s experience as real.

WHAT IT LOOKS LIKE:

- Recognizing emotions without judgment
- Naming feelings gently
- Showing understanding

HELPFUL PHRASES:

- “That sounds really difficult.”
- “I can see why you feel that way.”
- “Your feelings make sense.”

AVOID:

- “Just think positive.”
- “It’s not a big deal.”
- “Others have it worse.”

*Validation restores dignity.

O – OPENNESS

Openness means creating space without judgment or pressure.

WHAT IT LOOKS LIKE:

- Calm, grounded presence
- Acceptance of emotions
- No forcing or controlling the conversation
- Respecting someone’s experience

HELPFUL PHRASES:

- “I’m here with you.”
- “Take your time.”
- “I may not fully understand, but I care.”

AVOID:

- Blame
- Judgment
- Pressure to “be okay”
 - * Openness creates emotional safety.

E – EMPATHIZING & ENCOURAGING

Empathy means staying with someone emotionally.

Encouragement means helping them hold hope.

WHAT IT LOOKS LIKE:

- Staying present in difficult emotions
- Offering steady support
- Reminding them they are not alone

HELPFUL PHRASES:

- “You are not alone in this.”
- “I’m here with you.”
- “We’ll take this one step at a time.”
- “I believe in you.”

AVOID:

- False reassurance (“Everything will be fine”)
 - Immediate fixing
 - Dismissing emotions
- Hope grows through connection, not pressure.

🌻 SMALL ACTIONS THAT MATTER

You do not need to be a professional to support someone.

You can:

- Send a simple check-in message
 - Sit with someone in silence
 - Invite them for coffee or a walk
 - Ask: “How are you really doing?”
 - Stay present without trying to fix
- 👉 Small actions create connection. Connection creates hope.

🧠 IMPORTANT REMINDERS

- ✓ Mental health challenges are not weakness
 - ✓ Recovery is not linear
- ✓ You are not responsible to fix someone
- ✓ You can be a source of safety and support
- ✓ Presence is more powerful than perfection

⚠️ WHEN TO SEEK PROFESSIONAL HELP

Encourage professional support when:

- Someone talks about self-harm or suicide
- Severe withdrawal or confusion is present
- Daily functioning is significantly affected
 - Symptoms persist or worsen over time

You may say:

“I care about you, and I think it would help to talk to a professional. I can help you find one.”

💖 FINAL MESSAGE

L.O.V.E. is not a technique.

It is a way of being with people.

It does not require perfection.

It only requires presence.

One conversation. One moment.

One person at a time.

That is how healing can begin.