Support they can feel

Love languages in hard moments

In our darkest moments, what we need most is connection and stability. Dr. Gary Chapman's 5 Love Languages help us offer support in the way someone can truly feel it.

LOVE LANGUAGE	WAYS TO SHOW SUPPORT
Words of affirmation	**Encourage, appreciate and listen. Say what you value about them.**
Quality time	**Focused, uninterrupted time together. Silence your phone.**
Acts of service	**Take something off their plate, and follow through.**
Gifts	**A coffee, a meal or a small, meaningful memento.**
Physical touch	**A considerate hug, a hand on the shoulder, a high five.**

Be aware

When people feel hurt, upset or disconnected, they often react in the opposite way to their love language. Someone who loves quality time may isolate. Someone who values words may withdraw.

Recognizing this helps us respond with patience instead of taking it personally, and offer support once they feel calm again.

Try this

Take the free quiz at 5lovelanguages.com, then ask the people closest to you about theirs. Knowing in advance makes support easier to give and to receive.

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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