

# TRI DELTA

## 3 V-A-R STEPS RESOURCE

Developed by Active Minds

**1 Validate their feelings.** This is a time of heightened emotions and **all feelings are valid.**

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**2 Appreciate their courage.** Recognizing your emotions and sharing them with others can be a challenge. **Be kind** and thank them for opening up.

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**3 Refer them to skills and support.** Let them know **they are not alone** and there are resources available.