Transgender partner ? How can I provide support? [2]

Dear Alice,

I'm just wondering if you have any advice for the girlfriend of a trans guy. I absolutely adore him, but sometimes I feel so bad for him because he has to go through a lot of awful stuff with society and his family. I know I can't fix things for him, but is there anything I should be doing/saying to constructively make him feel better? What should I do when he gets depressed?

?Loving Girlfriend

Read more [2]

Friend is depressed ? How to help? [3]

Dear Alice,

I am actually asking for a friend of mine since this situation is getting worse, and I don't know how to help. The problem is that my friend is very depressed, and has very, very low self-esteem. While sometimes able to be cheerful and “happy,” he claims to rarely feel that way and mostly just hates himself. He has mentioned suicide, although I think this is more an expression of the extreme self-hatred he feels than anything. I comfort him and often tell him how wonderful he is ? what a good person, good qualities, etc., but I suspect he does not believe me at all. This has been going on for a long time now, and I think it stems from a somewhat unhappy childhood and adolescence. I don't know how to help him and I don't know what to do. I feel like being strong for him is just not enough, and I can't quite convince him that counseling may do some good. It seems to me that, recently, he has been feeling even worse about himself, to the point where nothing will comfort him. He cannot afford counseling, and he has no health insurance. Is there anything you can suggest for me to tell him or suggest to him? Any help will be greatly appreciated, because I just don't how to help him. Thank you so much.
Help! For a friend who is cutting herself

Dear Alice,

Recently, I've noticed that my one or two of my friends have taken to cutting themselves. I'm concerned for them... but I've done the same thing in the past and they know it. How do I confront them without sounding like a hypocrite?

? Painfully confused

Friend's mother has cancer ? What should I say or do?

Dear Alice,

The mother of one of my best friends from high school was diagnosed with liver cancer a few months ago. She is quite ill and in a lot of pain. She's been in and out of the hospital lately and things don't look so good. My own father was diagnosed with prostate cancer a year and a half ago, but he is really doing quite well (with medication, treatment, etc.). My friend's mother will probably be dead within six months to a year, so I'm not going through an immediate crisis.

My question is: What things should (and shouldn't) I be saying to, and doing for, my friend? I try so hard to be there for her but I really don't know what she's going through. She is very matter-of-fact about the fact that her mom is going to die. But I'm sure there's something I could be doing, isn't there? I hate feeling like I'm actually making her feel worse! Could you give me some idea of what she might be going through right now and how I could help? Even if it's a method for taking her mind off it occasionally (if that's a good idea).

Thanks,
Just Trying to Help

Help for friends who drink too much

Dear Alice,

I have two friends who I think are drinking too much. I don't know what to do. They are very defensive should anyone say anything to them about their excessive habit, and a lot of our
friends are giving up on them. This has become a daily thing and their schoolwork and friendships are all suffering. They are both twenty-one; one recently broke up with his girlfriend of several years and the other has been single for a while and he hates it. I know that has a lot to do with it. Please suggest some non-intrusive ways to help them. I'm really at a loss.

Thank you,
A concerned friend

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