

Supporting A Friend *with Dermatillomania*

**1. Familiarize yourself
with the condition...**

***Taking time to do this shows
that you care and will help you
avoid ignorant comments.***



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**2. Don't point out how
their skin looks...**

***Even if you think it's a comp-
liment. Saying one's skin
looks 'good' because it seems
less picked places a sense of
worth in having clearer skin.***



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3. Help neutralize Skin Picking triggers...

Make them comfortable in your space by being wary of possible triggers. Dim lights, cover mirrors, keep fidgets handy, etc.

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4. Don't yell at them to stop picking...

Not only is it insensitive, it can cause feelings of shame and embarrassment. Instead, try doing an incognito fidget hand-off as a way of noticing and discretely helping out.

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5. Don't pry if they're not comfortable...

Sufferers can be at many different stages in their willingness to share about their disorder. Be gentle and support them no matter where they are in their journey.