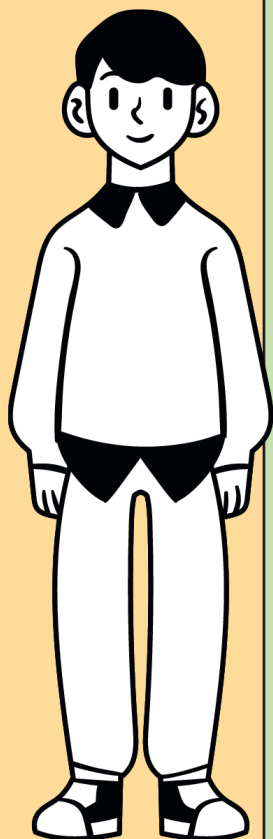


Are you worried about a friend?



If you're worried about how a friend is feeling, it can be really hard to know what to say or how to help.

Reaching out to someone could help them know that someone cares.

Here is some simple advice that will help you, help your friend.

Support

Offer to support your friend to get help if that is what they want.

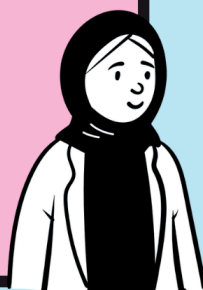
You can offer to be with them if they are ready to talk to someone.



Listen

Listen to your friend. This might seem obvious but it will have taken a lot of courage for them to come to you.

Don't push them but let them just talk and share what they feel ready to.



Talk to an adult you trust

There are many people you can turn to. Your friend might want to talk to a teacher, a parent or a doctor.

You need to also look after yourself so make sure you seek help too if you need it.



Don't Judge

You can help your friend find safe ways to cope by pointing them in the right direction. Remember not to be judgemental about their current way of coping.



You can get more advice and support by going to the services below:

kooth.com

youngminds.org.uk

samaritans.org

harmless.org.uk

**ChatHealth NHS approved text
messaging service for 11-19 year olds
07480 635060**