

HOW TO HELP A FRIEND IN NEED

A STEP BY STEP GUIDE



Ask how they're feeling:

Say why you are concerned. Allow your friend time to open up.

Use active listening!



Be there:

How can you show your friend that you are there for them?

Watch your own emotions, stay calm.



Find Support:

Help them think of adults who can help.

Be direct, tell the adult why your friend needs support.



Keep in contact:

Things you can do to stay in contact with your friend.

Know your limits. Check in, make sure your friend is getting support from more people than just you.



Get support for yourself:

What are coping skills and people that support you?

Take care of yourself!

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