



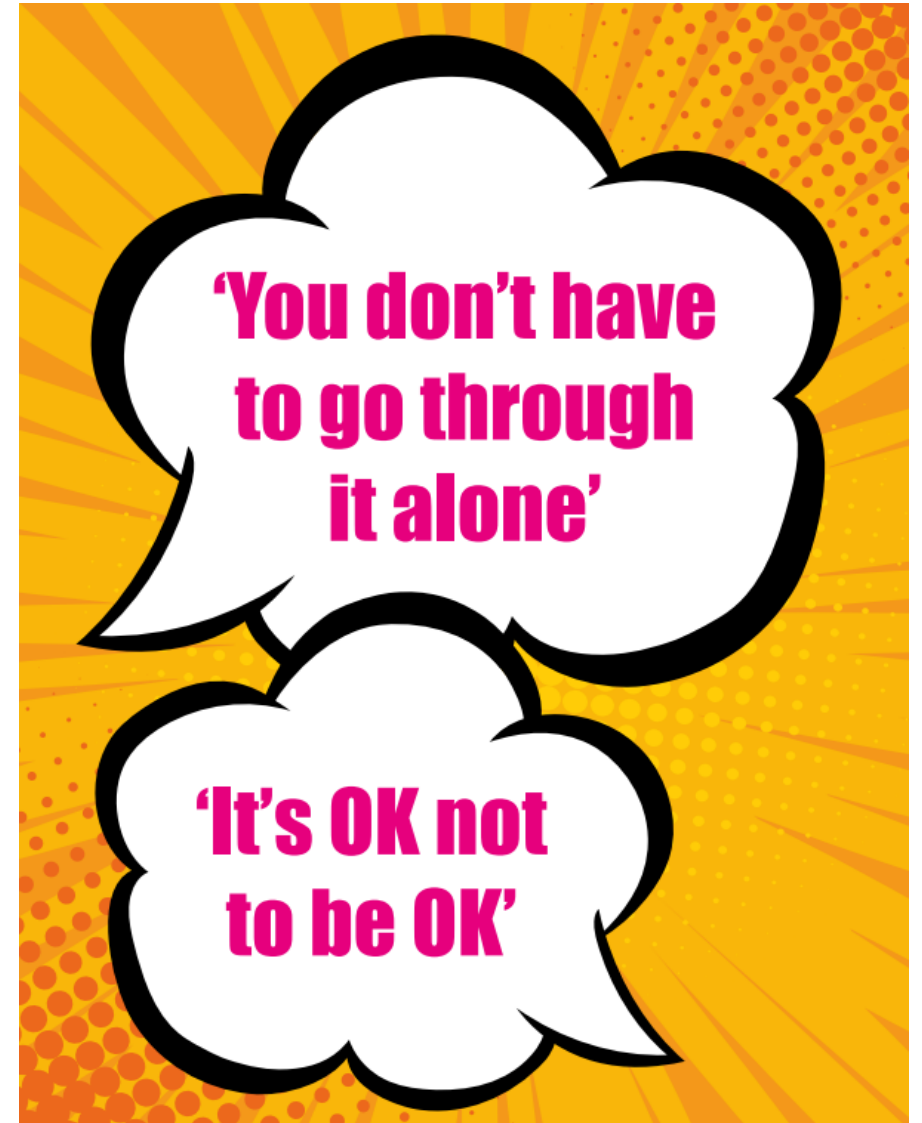
Helping a friend

Young people turn to their friends for help

- But this can be difficult sometimes.
- How should you respond?
- What should you ask?
- When should you ask someone else to help?
- It can be frightening.

Here are some ideas that you can try

- Tell your friend that they are not alone and that saying that they are not OK is a good place to start.



Look out for warning signs

How to tell if someone might be struggling



Sometimes it's hard to know if someone's struggling with their mental health, because everyone can act differently when they're going through a tough time.

- Is your friend telling you something without saying it?





Start the conversation

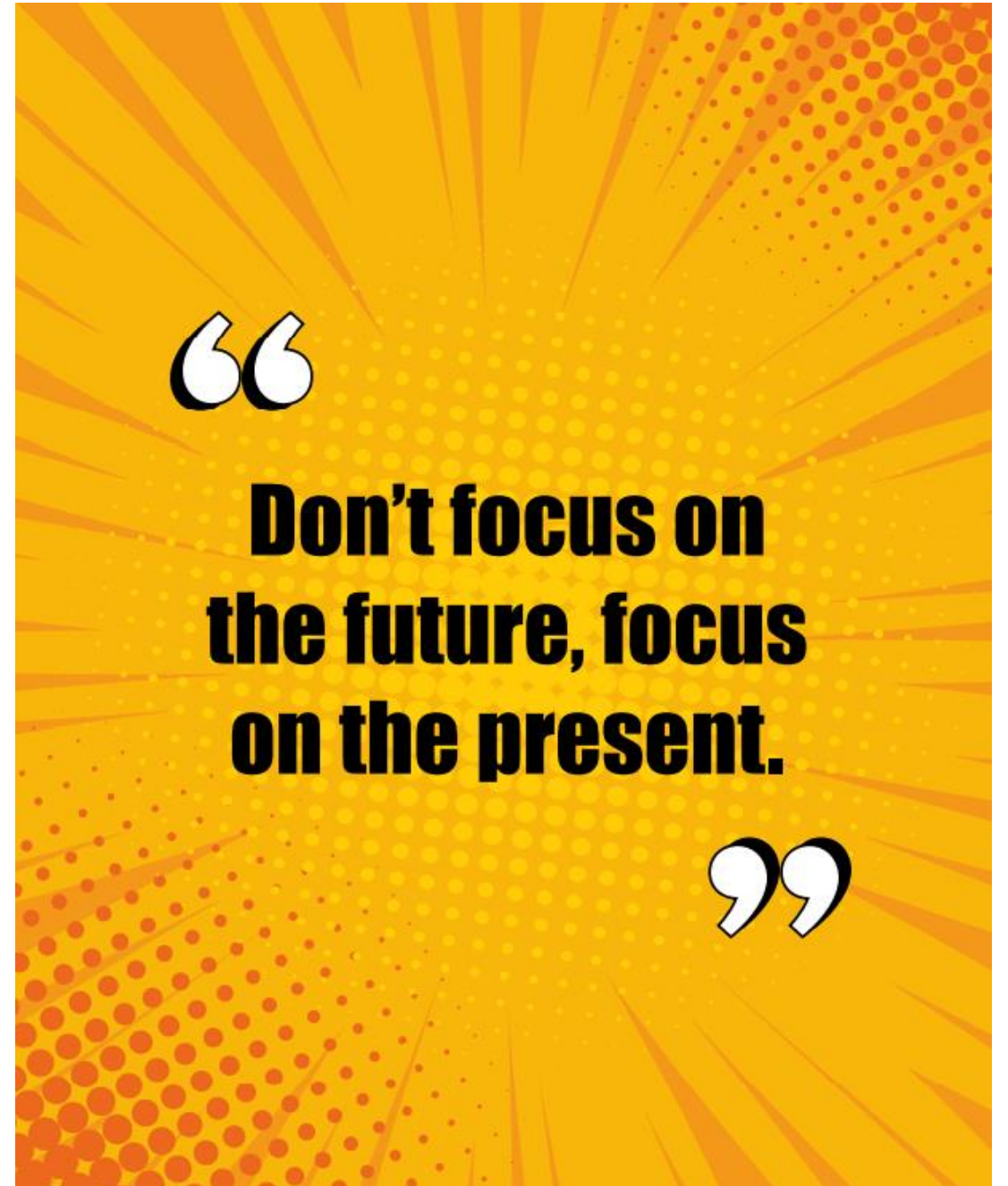
- Sometimes this is hard.
- Start with a question that shows you care.

If they tell you what is bothering them

- Listen to them. Properly listen.
- Reassure them that talking about it is a positive step.
- Encourage them to talk to someone who can help.



- Talk about the instant that you are in.
- What is going right?



If they ask you to keep a secret

- If someone tells you something and asks you to keep it a secret, it's normal to not want to break their trust.
- But if you think they, or someone else could be in danger, it's important to tell a trusted adult about what they have said, to make sure you're both safe.
- Tell them that you need to tell someone because you are worried about them, but you can ask if there is someone they would prefer you to talk to



Get help!

- Talk to –
 - Your parent/carer
 - Your tutor
 - Your head of year
 - The pastoral team
 - The safeguarding team

- Make sure you look after yourself as well.

GET HELP

STRAIGHT AWAY

- If they have hurt themselves in any way, it is important not to deal with it on your own.
- If you believe they might hurt themselves or someone else, it is important not to deal with it on your own.
- If you believe that they or someone else is in danger, it is important not to deal with it on your own.

**GET HELP
FROM A TRUSTED
ADULT NOW.**

Inside Out – Sadness brings comfort

- [Inside Out Sadness comforts Bing Bong – YouTube](#)

Thank you for being a friend