



Simple Steps to Support Your Friends

lead by example

Do you find it difficult to talk to your friends when you can see something is wrong?

You know that something's up but you don't know what to do?

If you notice your friend is withdrawn, doesn't want to do the stuff you used to, constantly tells you they are fine when it's apparent they are not, then lead by example...

Language: Talk about how you are feeling

Express yourself: Lead with how you are feeling first, eg. "I feel sad because I really miss my friends"

Anxiety: Try to relax; if your anxiety levels are high, it will more than likely rub off on others

Discuss: Say "I'm here to listen if you want to tell me what happened" or ask "What are you feeling?"

Be kind: To yourself and others

You are loved: Reinforce that you want to listen and that you care even if it seems like no one else does

Encourage: It can sometimes be difficult to talk; let them know you are there to listen when they are ready

X-ray vision: We can't read minds so we don't know what someone is feeling unless we ask

Acceptance: Never compare - each person's feelings are unique to them. Try not to judge

Make time: Always make sure that you have time to listen before encouraging someone to talk

Patience: Have patience - sometimes people are afraid to talk, and it might take some time

Listen: Really listen - try not to interrupt, make suggestions or give advice

Embrace: Offer a hug or some positive vibes

If you find that they still don't want to talk to you but you know that something is up, maybe ask if they can talk to their parents, caregivers, a trusted adult or the school counsellor and reassure them that you are there to listen if they change their minds.



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