

### How to Help & Support a Friend

You have the opportunity to potentially change someone's life

**TIPS:** Helping someone that is going through a hard time...

**GIVE YOUR FULL ATTENTION**

**BE SUPPORTIVE**

- Let them know how proud you are of them and listen without judgement
- Be accepting of everything they say/going through
- Do not say "no reason to be sad"



If they have wronged you, try to be understanding and accept their apology

**FORGIVE**

**BE PATIENT & TOLERANT**

It can be difficult to see your friend going through challenges, but changes do not happen overnight

Balance helping your friend with your own life so it doesn't become unhealthy for you

**MANAGE YOUR TIME**



**POSITIVE PEOPLE, PLACES & THINGS**

Encourage them to find other positive people and explore positive things to do



It is ok to ask for help for your friend and yourself; you don't have to do everything alone

**GET EXTRA SUPPORT**

**Live with acceptance!**

*Created with youth for youth @ YouthSpeak Performance Charity:*

*An organization that provides assemblies and other in-school programs for students. Youth speakers share their personal stories about bullying, mental health and addiction*

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