



How to Support a Friend

Friends may look to you for help.
Here are some tips to show
you're there for them.

Signs a friend may need support:

- They don't seem to enjoy activities as much,
- They seem distracted or have trouble focusing.
- They miss more and more time from school or work.
- Their eating habits have changed,
- They're often sad and find it hard to see any positives in their life.
- They begin drinking, using drugs or other substances.
- They may drink, use drugs or other substances more often.

First steps:

- Let them know you care and you're worried about them.
- Give specific reasons for your concern, like the changes you've noticed in them.
("I noticed you seem really down lately and I'm worried for you.")

If your friend wants to talk with you:

- Let your friend share as little or as much as they want to.
- Be non-judgmental. Make it clear you don't blame them for their challenges.
- Don't try to diagnose or second guess their feelings. Be there, listen and offer support.

My plan to support a friend:

- List activities to do together when a friend needs help.
- List some ways you can help a friend manage stress before it overwhelms them.

Get Support:

Kids Help Phone

Call 1-800-668-6868 or

Text CONNECT to 686868

(Available 24 hours a day, 7 days a week)

If you or your friend is talking about harming themselves contact 1-800-SUICIDE (1-800-784-2433)

For more information on
how to support a friend, visit
foundrybc.ca

