



REACHING OUT TO FRIENDS

REACHING OUT TO FRIENDS when you are feeling stressed or aren't coping is an easy way to improve your mental health and wellbeing.



WHAT CAN I DO?

- ☑ Talk to your school or work to find out what training you can do to better support yourself and others.
- ☑ Complete mental health training.
- ☑ Be sure to look after yourself.

"Sometimes it can get overwhelming, confusing, or lonely, so it's good to know you have people you can rely on." Mika, 22

"I try to make my friend laugh if she is feeling down." Harriet, 12

WHY IS IT IMPORTANT?

You may not know exactly how you are feeling, what you want to say or what you need, but talking to a trusted friend or adult can help get things 'off your chest'.



Think of someone you are comfortable with and you trust, someone who is likely to understand and someone who will take your situation seriously.



If you don't have someone you think you can trust you can call a help line.

