

TOP TIPS FOR SUPPORTING A FRIEND

1. Listen and be non-judgemental.



2. Stay in touch - ask your friend how they are and be honest.

3. Suggest doing new things, day trips, introduce your friend to new events.

4. Suggest trying out a local support group to strengthen connections.



5. A nice surprise - bake or cook your friend's favourite food.

6. Suggest doing a physical activity, a meditation app, yoga, going to the gym or fitness class.



7. Suggest joining a group around hobbies and suggest going with your friend to the first session.

8. Explore the outdoors, pick up litter, plant trees, cut the grass that doesn't belong to anyone.



9. Go for a walk with your friend, if that doesn't work open a window and let some fresh air in.

10. Create a playlist for your friend.



11. Find a safe place your friend feels comfortable at to chat.

12. Share self-help strategies with your friend.



13. Try to give a positive vibe and outlook.

14. Offer to give your friend a hug.

15. Try to make your friend laugh.

16. Try to make your friend understand they're not alone.



17. Be kind and supportive to your friend.

18. Encourage your friend to be their selves without fear of judgement.



19. Do some creative wellbeing activities from the Youth mental health first aid kit.

20. Reminisce on happy memories.

