



PSW
PARTNERING FOR
STUDENT WELLNESS

HOW TO SUPPORT YOUR FRIENDS

We all support our friends in different ways and sometimes it is hard to know how to help those we care about during stressful times. We want to offer a few suggestions/things to try if you feel stuck.



Show you care and ask how you can help (e.g. I noticed you have been sitting alone a lot at lunch. Anything you want to talk about?).



If you are concerned about the health and/or safety of your friend ask a trusted adult for advice (e.g. your parent, teacher, clinician, school social worker, principal, coach).



Remind your friend professional help is available if they need it (e.g. Mr./Ms. X is at the school if you need to talk to someone about this”).



Remember people are going through things you may not know about. Be gentle with others’ feeling by avoiding negative comments (teasing friends for limiting social media, going to bed early, or exercising regularly).



Try avoiding labeling or diagnosing (e.g. “I think you have depression Heaven”). If you think your friend needs to see a doctor or counselor, encourage them to reach out to their caregiver or a school mental health professional (school social worker, guidance counselor, etc.).