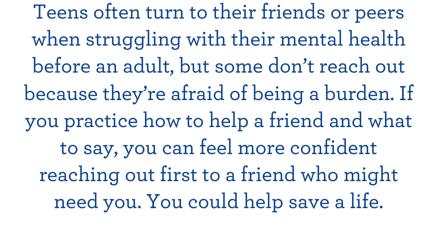
what's this?

why?

This display is here to help everyone practice how to help a friend who is struggling with their mental health.





what do I say?

When checking in on a friend, it's best to come from a place of understanding and empathy. Instead of saying something they might feel is judgmental ("You're acting weird") you can say what you see ("I noticed you haven't been coming to practice lately" or "It seems like you've been quieter than usual"). Then let them know that you care about them and are there to listen ("I'm here if you need anything" or "I care about you and I want to help.")

If they don't feel comfortable talking about their struggles, that's okay - just let them know that you're there if they ever want to talk & offer to go with them to talk to someone else (i.e. school counselor, favorite teacher, or other friend). Remember – you can be there for your friends but you can't do it all, and they might need more than you can give. You can help start the conversation and help them get the help that they need.

so what would you say if you got the text on the poster from your friend?

