

Childline

www.childline.org.uk/info-advice/friends-relationships-sex/friends/helping-friend/

HELPING A FRIEND

Supporting a friend can be hard. You want to say and do the right thing to help them, but you might not know the best way to do it. A friend's problems can sometimes make you unhappy too. But we've got tips on how you can be there for them.

On the Childline website you can find out more about...

Helping a friend who's being bullied
Helping a friend with their mental health
Supporting a friend who self-harms
Helping a friend who's suicidal
Helping a friend through a tough time
Coping with death

Supporting a friend who self-harms

Finding out someone you care about is self-harming can make you feel worried, confused and a bit helpless.

But there are things you can do to help:

- **Be there for them**
Remember that it might have been really difficult for them to tell you about this. Just being there can help.
- **Listen to them**
Try not to judge them for what they've told you
- **Don't pressure them**
If you've noticed fresh scars but your friend hasn't explained why they're there, it's important that you don't push them for an answer.
- **Don't mention it in front of people**
They might not feel comfortable talking about it yet.
- **Let them know that they can trust you**
If they want to talk to somebody, make sure they know you can help.

Remember, it's not just down to you to stop someone from self-harming. If you need support, you can always talk to one a Childline counsellor.

In school, all our staff have had safeguarding training.

You can talk to any trusted adult here, who will know where to get any support for you and for your friend.