

What to Do if I'm Concerned About a Friend's Mental Health



Who are 2-3 trusted adults you could talk to?

1 _____

2 _____

3 _____

Numbers you can call or you can give your friend to call:

Crisis and Suicide Lifeline: **988**

Trevor Project: Text START to **678-678**.

Crisis Text Line: Text **741741**.

Your local mental health crisis line:



Remember, you are not a therapist. You can be a supportive friend by listening and caring, but the best thing you can do is to connect them with a trusted adult.

Phrases you can use:

- "What can I do to help you right now?"
- "Let's go talk to ... (trusted adult they feel comfortable with). I'll go with you."
- "You're not alone; other people experience these feelings too."
- "Are you thinking about suicide? Have you thought about ending your life? Are you harming yourself?"
- "It's OK to ask for help."



Self-care:

When friends are struggling, it can be really hard. What are things you can do to take care of yourself while being a supportive friend?

1 _____

2 _____

3 _____

