

# Worried about a friend?

## Starting a conversation

I'm worried about you

Can we talk?

You haven't seemed yourself lately

Can we talk?

I haven't seen you for a while

Can we talk?

When we are worried about a friend, it can be hard to know what to do or say. Use this leaflet to get you started.



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**nightline**   
students there for students



## Take Notice

Think. Why do you feel worried? Has their behaviour changed? It can help to speak to someone you trust first. You won't have to share all the details with them.



## Ask

It can be hard to know where to start. Use some of the examples on the other side to get you started. If you're not sure, speak to **Nightline** or **PAPYRUS Prevention of Young Suicide** first.



## Listen

This might be the first time your friend has told anyone what's bothering them so let them talk, and don't judge or give advice. You **do not** have to fix anything.



## Support

Be honest about what you can do. They need to know they are not alone. Say 'how can I help?' or 'I am glad you told me and if you agree we can get help'.

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**Your friend has opened up. The next step is to help them reach out to others so you are not alone in supporting them. This can be services at the university, their GP, friends, family and/or the services below.**

**Nightline** is an anonymous and confidential listening and information service run by students for students.

**Open:** 6pm - 8am (during term time)

**Call:** 020 7631 0101

**Visit:** [nightline.org.uk](https://nightline.org.uk) for instant messaging and other contact details.

**HOPELINEUK**

**Call:** 0800 068 4141

**Text:** 07786 209 697

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Are you or a young person you know, not coping with life? For confidential suicide prevention advice please call HOPELINEUK. Open 10am - 10pm weekdays, 2pm - 10pm weekends and bank holidays.