Worried about a friend?
Starting a conversation

I'm worried about you

You haven't seemed yourself lately

I haven't seen you for a while

Can we talk?

Can we talk?

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.
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'.

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: nightlife.org.uk for instant messaging and other contact details.

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.