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’.

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.

To find the details about your local Nightline, visit nightline.ac.uk/want-to-talk/

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.