

How to Help a Friend

A friend might tell you something serious, confusing or upsetting. It's okay if you're not sure what to say or do. Just being there for them can make a big difference.

What you can do

- Listen to them and take them seriously
- Let them talk at their own pace
- Believe them
- Remind them it's not their fault

You don't have to say the "perfect" thing

Here's some things you could say

- I'm really glad you told me
- I believe you
- This is not your fault
- I am here for you

Important things to know

It is not your job to solve the situation. You don't have to carry this by yourself.

If your friend is not safe, it's important to tell a trusted adult. This is the best way to help them and is not about getting them into trouble

Talking to an adult

- Choose a trusted adult such as a teacher or school counsellor, parent or carer or another safe adult
- Start by saying "I'm worried about my friend, I think they need help".
- It's okay if you don't know all the details before you talk to an adult

When your friend doesn't want help

They might not feel ready to tell someone and they might ask you not to speak to anyone else.

You can encourage them to get support.

If you are worried about their safety, you should talk to a safe adult anyway

Getting help

You might be worried about your friend getting into trouble, or upsetting them by telling someone. It's normal to feel that way. Getting support for your friend and yourself is still the right thing to do.

Hearing difficult information can be hard and you might be feeling worried or upset. You can ask for help as well.

Who to speak to

- A parent, carer, grandparent or relative
- Teacher, school counsellor or principal
- You can speak to a SECASA counsellor/advocate on 8769 2200 – option 1
- Police, doctors or other professional adults
- Kids Helpline on 1800 55 1800 or visit their website to chat online <https://kidshelpline.com.au/>
- Friend's parents or neighbours

