BE THERE FOR SOMEONE

Checking in on someone

You do not need the perfect words.



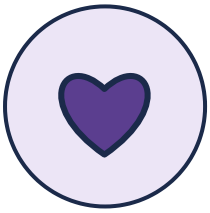
Ask.

"How are you, really?" Choose a quiet moment.



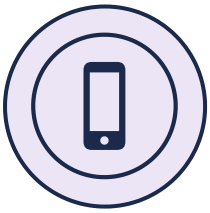
Listen.

Give them time. You do not have to fix anything.



Be kind.

Say you are glad they told you.



Follow up.

Message or call again soon.



Point to support.

Suggest a GP or the contacts below.

Our contacts for support:

Samaritans: call free on 116 123, day or night. Under 19?
Childline: call free on 0800 1111. In an emergency, call 999.

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