

#FRIENDSCANTELL



EASIER SAID THAN DONE

Hey Sammy! I thought I'd say I'm going to be by yours tomorrow at The Bird. Why don't you come over. Hope everything's good with Charlie – you're cute together!! Miss you.

Hey. Not heard from you in a while. It's my Birthday drinks on Friday and I'd love you to be there! I've sent you the invite on Facebook that has all the info. Come have fun!!

Hey Sam, I'm really sad you couldn't make it to my birthday but hope we can catch up soon. I'm confused why Charlie said you couldn't come? I'm worried about you and would love to talk if you want to. Let me know.

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I'm so glad I bumped into you earlier, Sammy. I've missed you so much. Charlie didn't seem too happy though and you didn't seem quite yourself. I hope I'm not overstepping; I just want you to know I'm here for you if you ever want to talk about things. Love you.

Just checking in. Please call - I promise I only want to listen. I care about you and want you to be ok. Let's talk.

If your friend is in an unhealthy relationship, the best way to help them is to be there for them. Listen and don't judge them.

FRIENDS CAN TELL. FRIENDS CAN LISTEN. FRIENDS CAN HELP.

[Watch our animation](#) to see how you can support a friend in an unhealthy relationship.

