

#FRIENDSCANTELL



EASIER SAID THAN DONE

Seeing a friend in an unhealthy relationship is never nice.

Perhaps you've seen them being put down in front of others. Perhaps they're being controlled and aren't allowed to be themselves. Perhaps they're not coming out as much... or doing the things they used to love.

It can be tricky to know what to do or what to say. But being a good friend doesn't mean you always need the right words.

Just check in... be there... and listen.

Don't judge them or tell them what to do. Give them space when they need it. Knowing they have your support will give them the courage to make the right decision for them.

Having a good friend can make all the difference when you're in an unhealthy relationship. A good friend is someone that's there for you. Someone that notices when you start acting differently and supports you if you're going through a challenging time.

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

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

