

#FRIENDSCANTELL



I'm worried about a friend, how can I talk to them?

Your friend might be feeling lots of different emotions: they may feel alone; unable to escape; or maybe they haven't noticed that they're in a harmful relationship. Some things you can do to help make the conversation easier are:

- Go somewhere comfortable and ask your friend how they are. Use open-ended questions and give them time to talk.
- Let your friend know that you're worried and just want to know if there's anything wrong.
- Don't force them to talk to you but encourage and support them.
- Remind them that they are not alone and you're there to help and support them to get the help they need.
- Look after yourself too! It can be difficult if your friend needs more of your time and energy than you have.
- Remember that what you would do in their situation is different to what might help them best
- Work together to figure out the next steps.

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.

[Head to our website](https://brook.org.uk/friends-can-tell) to find out more about how to support your friends.
brook.org.uk/friends-can-tell

