



## But what if the answer is 'no'! How can you help your friend in need?

Just listen – even if you don't really understand. Just being there is amazing

They could talk to someone else. For example, a teacher in school, a family member or care giver, a youth worker, a counsellor (there is one available in school).

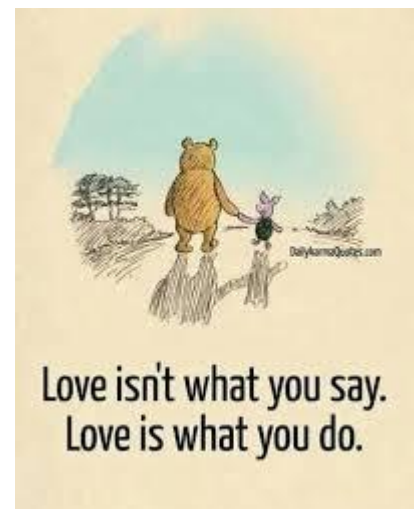
*If they do not want to talk to you about what's upsetting them, that's ok.*

*Do not force someone to open about their feelings if they don't want to, let them know you are there for them if they decide to talk to someone.*



## IT'S OKAY TO NOT BE OKAY SOMETIMES.

If you think a friend is in danger of harm, you should speak to an adult that will help - a parent, caregiver or a teacher.



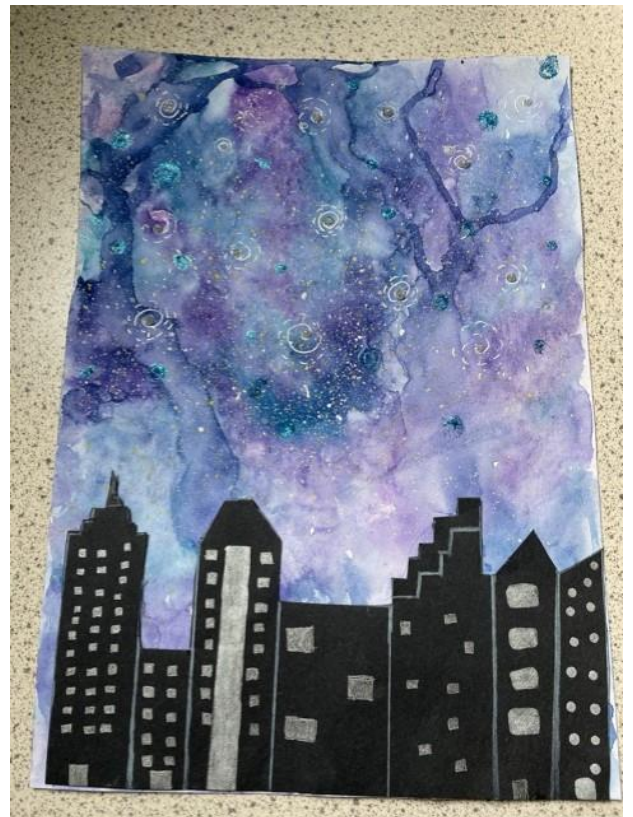
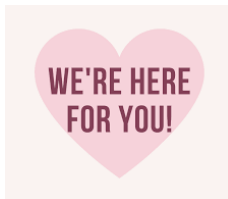
Being active – a walk can really help. Are there any local groups or teams they could join? You could go too!

Actions speak louder than words, so why not make a small gesture? Making someone a cup of tea and spending some time with them. You could plan a day out.





All pictures please send to  
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