

How to Help a Friend Who May be Struggling

1

Know the Warning Signs

These include changes like:

- **BEING GRUMPY, IRRITABLE OR SAD**
- **NOT WANTING TO PARTICIPATE IN SPORTS/ACTIVITIES**
- **WITHDRAWING FROM FRIENDS**



2

Don't Be Afraid to Ask "Are You Okay?"

Visit afsp.org to learn more about how to have an open and honest conversation with a friend who is struggling



3

Reach Out for Help

CALL OR TEXT

988

TEXT "TALK" TO

741741

TALK TO A

TRUSTED ADULT