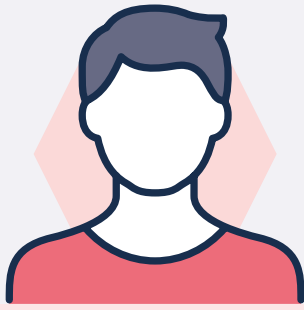


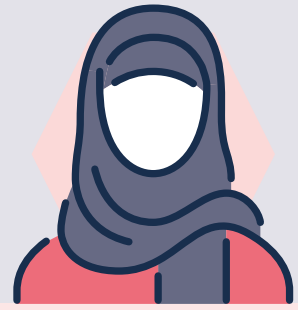
T



take notice

of any changes in behaviour - these changes might be sudden or develop over time.

A



ask

how your friends are doing regularly. Check in on those you have not heard from.

L



listen

to what your friends are saying - is there anything concerning?

K



know

where to find support

How to spot if your friend is **ok** or not

To ensure we are supporting our friends as much as we can, follow this simple rule... Let's TALK

If you or a friend need support, please contact:

Or call Samaritans on **116 123** or Childline on **0800 1111**.