

# A Peer Culture of Love, Care and Support

April 2015



# Do you know of a friend / schoolmate who may be:

Going through a difficult time and is not coping well?

- How can you help your friend?
- How can you seek help for your friend?

Read on...



## How can you help your friend?

Speak with:

- Your **School Counsellor** or
- **Buzz**
  - **Tinkle Friend Helpline** at 1800-2744-788
- Online chat:  
<http://www.tinklefriend.com/>



I am worried about my friend....

They have lost interest in the things they used to like.

They are quieter than usual or staying away from people they are close to.

They look tired, sad, worried or angry all the time.

They post moody messages on social media.

They keep talking or texting about dying or hurting themselves.

They eat too little or eat too much during recess.

Feeling down?  
Speak with your school counsellor or contact  
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Source: Guidance Branch (MOE), 2015

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# How can I help someone?

**C**alm them down

**H**ear them out

**E**mpathise with them

**E**ncourage seeking help

**R**efer to a trusted adult



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