## A Peer Culture of Love, Care and Support

### April 2015



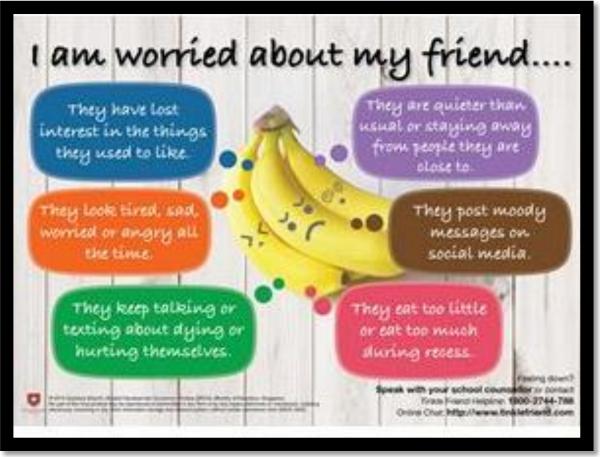
Do you know of a friend / schoolmate who may be:

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...





Source: Guidance Branch (MOE), 2015

# 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/





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