

If you have a friend who needs support,
here are four simple things you can say ...



1

I am so sorry this is happening to you, you are not alone.

2

What is the best way I can support you right now?

3

Are there any adults you trust enough to talk about this with? Can we tell them together?

4

I hate to see you in pain, but I am so glad you are talking about how you are feeling.

By saying these simple things,
you are providing valuable
support & encouragement.

For more support
resources, visit

nvcf.org/endthesilence