

HOW TO HELP A FRIEND

When you notice an
unhealthy relationship

01

Validate their feelings
and listen to what
they are saying

02

Be informed of
resources to help them
and help empower
them to speak up

03

Ask how they
need help

04

Respect their
privacy and
feelings

05

Keep calm

**Reach out
to Wellness
and
Prevention
Services for
additional
help**