

# Friends Watch

## A Step-by-Step Guide to Supporting Your Friends



Friends Watch is a simple, powerful exercise created by Dr. Nihara Krause MBE to help young people support a friend who may be struggling with their mental health.

It focuses on four key steps: Talk, Offer, Tell, and Look After Yourself.

Fill in your ideas in the categories below.

### Talk-

e.g., I could say “I’ve been a bit worried. You don’t seem like yourself lately. Do you want to talk about anything?”

### Offer-

e.g., I can suggest something that I usually find helpful when I’m stressed.

### Tell-

e.g., I could encourage them to speak to a trusted adult, or speak to one myself if I’m concerned.

### Look after yourself-

e.g., I should remember to look after my own wellbeing too.