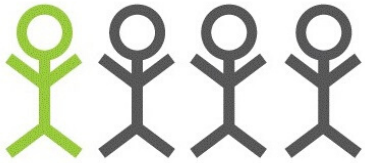
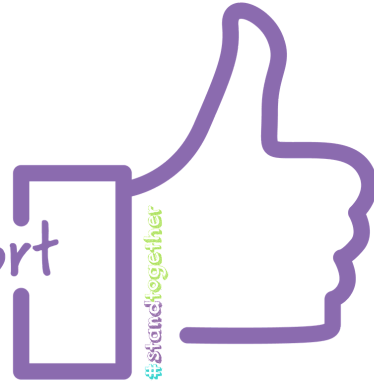


# BE THERE! Use S.H.E.

1 in 4 youth  
have mental  
and/or  
substance use  
disorders



Support  
Hope  
Encouragement



It can be  
difficult to  
know what  
to do or  
say when a  
friend is  
struggling.  
Here are  
some tips...

## Things to Do

- Be a friend.
- Be there.
- Encourage them to get help.
- Listen - really listen.
- Educate yourself.
- Know your resources.
- Reach out to an adult you trust if you're worried about them.

## Things to Say

- I'm here for you.
- You are important to me/I care about you.
- It can get better.
- If you want to talk about it, I'm here to listen.
- It's okay to feel what you feel.
- You don't have to go through this alone.
- Is there an adult you trust you can talk to about this?

**\*If someone is going to hurt themselves or someone else, tell an adult immediately!\***