

# A Hurting Friend

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## Intervening and Helping a Hurting Friend

### How to intervene and help:

- Stay calm
- Be available
- Listen
- Be empathetic
- Ask direct questions
- Discuss alternatives to the situation
- Encourage them to talk to a trusted adult
- Help them develop a support network that is not threatening
- Help identify current stress or situation that brings them discomfort
- Stay with them if you feel they can not be left alone or get someone they trust to stay with them
- Believe what they are saying to you  
(If they are talking about it, it is a cry for help)

### What not to do:

- Debate or argue
- Don't moralize or judge
- Don't swear to secrecy-confidentiality does not apply if they are going to hurt themselves, if someone else is hurting them, or if they are going to hurt someone.
- Try and handle it alone
- Pull away from the person in need