

If your friend is displaying behavior or has told you something that concerns you, and you want to help but don't know what to do, consider the following:

- Tell him/her that you're concerned. Be specific about what worries you.
- Ask him/her to speak to an adult (parents, counselor, teacher) about the problem.
- Offer to go with him/her.
- If your friend rejects all your efforts to help, you may speak to a trusted adult yourself.
- Remember: if your friend wants to swear you to secrecy about suicidal or homicidal plans, do NOT agree to this. Preventing tragedy is always the right thing to do, even if your friend is temporarily mad at you. Tell a trusted adult.
- Ask the school counselor for guidance with how to help your friend. Anything you discuss with the counselor will be kept confidential (except for circumstances involving danger). Together, you may be able to find ways for your friend to get help.