

**I feel like we haven't
hung out one-on-one
in forever, are you up
for dinner or coffee to
catch up?**



How and When to Start a Conversation

Although you might be nervous to approach your friend, here are some easy ways to kick off the conversation:

- Ask while playing an online game together
- Send them a “What’s up?” text or DM
- Invite them to go on a walk or take a drive around the neighborhood
- Ask them to grab a bite to eat or a coffee after school or on the weekend
- Bring it up during your workout or pick-up game together

Remember:

- You’re not a therapist, and it’s not your job to diagnose or solve the problem.
- Your role is to listen, respond without judgment, offer support and encourage them to get help if needed.
- Confide in a trusted adult - a parent, a close teacher or counselor, your coach, etc. You are not betraying your friend by seeking outside support from someone who can help.
- If they need it, they can call or text 988 for the National Suicide Prevention Lifeline 24/7, go to a trusted adult or contact Safe2Tell.