

# How can I help?



## Stay in touch

Check-in regularly, even if they don't always return your calls or messages. Call just to say, "Hi", forward them funny links, send random texts.



#### Visit them

It can be really lonely and boring to be stuck at home or in hospital and missing out on things. Try to think of things to do together that aren't too tiring – like watching TV, playing video games, looking at photos, or reading magazines. But remember, they might not always be up for visitors. Check in first and just give it a go another time if they turn you down.



#### Talk to someone

If you're not sure about what you should be doing or worried that your friend is struggling with their feelings, talk to someone who can help – like a teacher, doctor, nurse, chaplain, or counsellor.



#### **Invite them**

Keep inviting them places even if they tend to turn you down. Keep them in the loop and make it obvious you haven't forgotten about them.



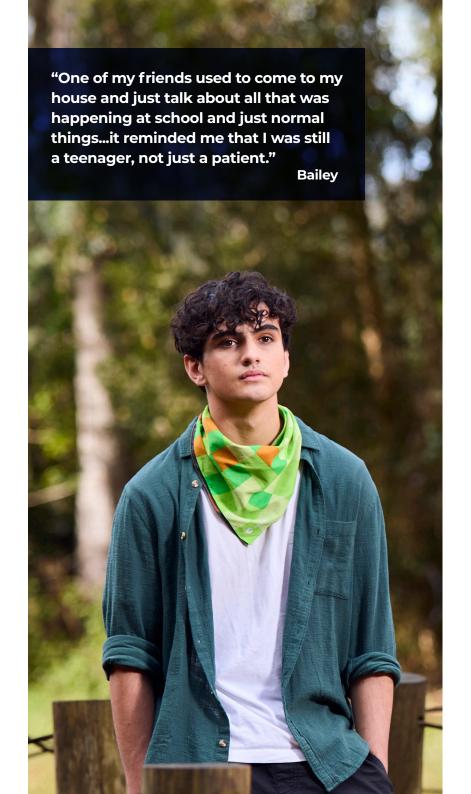
## Offer to help in specific ways

Don't wait for your friend to ask for help - they probably won't. Suggest practical things you could do like, "I'll bring you your assignments" or "Want me to come over on the weekend and hang out?" Give them something nice to let them know you're thinking of them; A letter or card, flowers or a plant, chocolate, their favourite food, a book or magazine.



#### Don't feel guilty

That your family isn't going through something this tough. They won't be upset or jealous.



# Other things to think about:

- Not talking about difficult stuff doesn't make it go away. Your friend might just find it a relief to get things off their chest.
- Putting feelings and worries into words can make them easier to understand and seem easier to handle.
- Your friend might feel isolated and lonely if they can't share what is happening.
- Talking can help a person see things in a different way, or be reassured that their feelings are normal.

## **Need support?**

If you need to speak to someone right now, about anything at all, call Kids Helpline on 1800 55 1800 or LifeLine on 13 11 14.

To find out more about Canteen support services, visit canteen.org.au or call us on 1800 226 833.

