



WHEN IT'S MORE THAN A BAD DAY

Helping a friend is as simple as showing up for them in their everyday struggles.

V

VALIDATE

Let them know that what they're feeling is okay and that you believe them.

A

APPRECIATE

Let them know they did the right thing by sharing and that you're here to support them.

R

REFER

Let them know help is available and refer them to appropriate resources.

If you're worried that someone may be considering suicide, use the crisis resources below. Stay with your friend until they're safe.

Call 1-800-273-TALK(8255)
Text "BRAVE" to 741-741

YOU DON'T NEED TO BE AN EXPERT TO HELP. YOU JUST NEED TO BE THERE.

Learn more about V-A-R at activeminds.org/VAR

