

## **Reaching out**



What might you say or do to help a friend who seems sad or depressed?

| <b>Keep in mind:</b> It's hard to offer support when you aren't sure how. Think about what might   |
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| help you in their position. What would you want to hear from someone close to you? What  |
| are some things that someone might do to help you feel better?   |
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**Bonus**: How do you know if someone is feeling sad or depressed? If they don't tell you, what are signs that might let you know? (Use the back of this page to write.)

