



Have a conversation. If you think someone might be struggling, talk to them and listen carefully to what they have to say.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



Advise them to talk to a teacher about how they are feeling and the thoughts they are having.



Advise them to talk to a trusted family member about how they are feeling and the thoughts they are having.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



Reassure them that there are people who can help. Advise them to talk to a professional about how they are feeling and the thoughts they are having – a doctor or a counsellor.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.

