

# Worried About Your Friend?

If you've noticed someone in your life showing signs of a mental or substance use disorder, the first thing you should do is talk to them. It's not an easy conversation, but it could be exactly the encouragement they need to seek help.

By using one of these conversation starters, you can open the door to a judgment-free zone where they'll feel valued, supported, and listened to.



**I've been worried about you. I've noticed you've (been drinking a lot, been using drugs, seemed down lately, etc.). Can we talk about what's going on?**



**I care about you and want to make sure you're okay. If you ever think about harming yourself, you know you can come to me, right?**



**If you don't feel comfortable talking to me, is there someone else you'd prefer to talk to, like your parents, siblings or someone else who cares about you?**



**Do you know someone who's had an experience like yours? If you don't, I can help you find someone to talk to.**



**It seems like you are going through a difficult time. Is there anything I can do to help?**



**I want to be here for you. Do you want to talk about it?**

**You can make a big difference simply by letting your friend know you're there. Remind your friend that asking for help is a normal part of life and they can find support at [SAMHSA.gov/young-adults](https://www.samhsa.gov/young-adults) or call 1-800-662-HELP (4357) for treatment referral.**