



Helping you to #Be OK

Bag for your Life... #Be OK

Supporting your friends

'Be the change that you want to see in the world'

Why friendship?

Being a friend is a really **important** job! And a supportive friend is the most important kind of friend to go through life with especially when they are struggling with similar things as you are. Having someone who understands and knows what we're feeling is so helpful and you might be exactly who they need to talk to.



How can I support my friend?

Make sure you find time to talk to your peers. If you're feeling isolated they probably are as well. Even having a coke and a chat over Zoom will help you and them feel better. There are various apps that help with conversation starters if you think you may not know what to talk about. One free one is called 'Table Talk'



Other ways to support a friend:

- Personalise a message
- Create an inspiration jar
- Thankful rainbow keyring
- Make a delicious treat
- Create a self – motivational jigsaw

Thankful keyring

You can choose any design of keyring you like, print or draw your design onto card or laminate it. Once coloured, these can then be attached to an old keyring holder. Write a message saying thank you to your friend for their friendship. You could write something as simple as 'Thank you for being you!'



Personalised messages....

There is such simplicity in writing a personalised message for your friend, your words can mean a great deal to them. If you have a spare postcard, colourful note paper, have confidence to put pen to paper and share an encouraging message with them.



Inspiration jar

Collect an old jam jar and lid, using PVA glue and tissue paper you can make the jar colourful and interesting. Fill the jar with inspiring quotes, from authors, historical figures, sportspeople etc.. You can search for 'motivational quotes' online and find a wealth of examples.



Self – motivational jigsaw

It's very easy to order blank jigsaws online, they aren't very expensive and you can be as creative as you like. This is a lovely way to communicate to friends how important they are to you and to encourage them with a self motivational message that will hopefully lift their head and let them know how special they are.



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