

Is your friend okay?

In every hostel and lodge, someone is struggling quietly. You do not need to be an expert to help. You only need to notice, ask and stay.

1 Notice

Changes that last more than a week or two:

- Skipping meals, classes or tests
- Sleeping all day — or not at all
- Staying in the room, avoiding everyone
- Giving away things, saying goodbye
- "What's the point?" · "I'm a burden" · "Everyone would be better off without me"

2 Ask

Find a private moment. Ask simply and directly:

"You haven't seemed yourself. Are you okay?"

If you are worried about suicide, it is okay to ask about it directly:

"Are you thinking about ending your life?"

Research shows that asking does **not** put the idea in someone's head. It often brings relief.

3 Listen

- Put your phone away. Let them talk.
- Do not argue, lecture or say "others have it worse".
- Do not promise to keep it secret if they are in danger.
- Say: **"Thank you for telling me. You are not alone."**

4 Connect

- Help them reach a counsellor, warden, teacher, family member or doctor — today.
- If they may be in immediate danger, **do not leave them alone**. Call 112.
- Call Tele-MANAS together if they find it hard to call alone.
- Check in again tomorrow.

Free help in your language —
any time of day or night

14416

Tele-MANAS · 24×7
or 1-800-891-4416

112

Emergency
(Childline 1098 if under 18)

Look after yourself too. Supporting a friend can be heavy. It is not your job to fix everything — only to help them reach people who can. Talk to someone you trust about how you are feeling as well.