

# HOW TO HELP A FRIEND WHO IS STRUGGLING

## THE DO'S

Be patient

Show compassion

Check in often

Offer your support

Stay safe

## THE DON'TS

Gossip

Feel responsible

Judge

Neglect yourself

**WE ALL  
NEED HELP  
SOMETIMES**

[1N5.org](https://1N5.org)

**1N5**

# YOU ARE NOT ALONE

Percentage of teens who  
say these are problems  
among their peers

**96%**  
Anxiety &  
Depression



**90%**  
Bullying

**86%**  
Drug  
Addiction



Survey of U.S. teens ages 13-17 conducted  
Sept 17-Nov 18 by PEW Research Center

For more resources  
visit:

**1N5.org**

**1N5**