



Positive friendships

Advice, support and information

Friendships are important for both our mental and physical health. They can also prevent us from becoming isolated and lonely.

Benefits of positive friendships:

- Improves your confidence
- Helps you cope with trauma
- Increases your sense of belonging
- Boosts your happiness and reduce your stress



Supporting a friend:
Your friend might tell you very personal and worrying information. They might try to make you promise not to tell anyone, but if you think they are in danger you must tell a trusted adult.

Ideas to help you stay close to your friends:

- 🕒 Make time for one another
- 💬 Talk about how you are feeling
- 😊 Make time to do fun things together
- ♥ Be equally supportive to each other

Support services:

- **Anti-bullying alliance** - anti-bullyingalliance.org.uk
- **The children's society** - Friendship guide for young people - childrenssociety.org.uk/sites/default/files/2022-10/friendship-guide-for-young-people_0.pdf

For advice and support:

Call us: **020 3954 0091**

Email us: **compass.towerhamletsyphws@nhs.net**