

C A R E

REMAIN



Say something like:

**"Have you spoken to anyone
else about this? It might be
good to get support from
someone who knows more
about what you're facing."**

Where possible, it's great to foster a sense of empowerment in a young person who's opening up. Where they can get help for themselves, should they need to. Ask practical questions with curiosity and care, and offer your support where needed.