



Peer
Education
Project



Mental Health
Foundation



**LEADERS
UNLOCKED**

A circular illustration of a woman with dark hair, wearing a pink tank top, smiling. The background of the circle has light blue rays.A circular illustration of a man with short dark hair, wearing a blue long-sleeved shirt. The background of the circle has light blue horizontal lines.

HEALTHY

RELATIONSHIPS

with our peers

MHF Tips for Young People Series

“Encouraging myself to socialise allowed me to communicate openly about myself and allowed me to also feel important. It may surprise you how many people like to listen to your experiences particularly if they are different from their own.”

Intern at the [Mental Health Foundation](#)



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Be kind and respectful to everyone

Kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings.

There are many ways to show kindness and respect to others with your words and actions. Remember that being kind is considering the feelings of others, in a non-judgmental way.



Read advice from young people on friendship.



Check out ideas on different acts of kindness you can show.

Communicate clearly and honestly

By having clear and honest conversations with your peers, you can learn the best ways to support each other. Find a way that feels safe to you, whether this is face-to-face, over the phone, or in writing.

Others will have their safe ways of communicating, which may be different to yours. So, finding a common space where you both feel safe to have a conversation is important.



Read [tips](#) about how to open up to family and friends about how you are feeling.



Read [advice](#) on setting boundaries in a relationship.



How to start a conversation with a friend about their mental health

How are you feeling about...?

Is there anything you want to talk about?

Would you like to do something together to take your mind off how you are feeling?

Is there anything I can do to help?



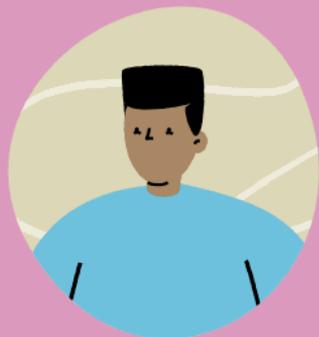
Be a good listener

Listening is an important skill in any relationship, where you can learn and connect with others.

Being a good listener is focusing your attention on the other person, switching off from distractions such as phones, TVs, or other people.



Take inspiration from a [young person's blog](#) on how to be a good listener.



Read [advice](#) on how you can support a friend with their mental health.

“You don’t need thousands of millions of friends. What is important is those friends who are there for you all the time and you’re there for them. That is what makes a strong friendship. For me, when you feel sad, or you just want to rant and scream and that person is willing to listen, then that’s a good friend and someone who accepts you for who you are!”

[Mental Health Foundation Young Leader](#)

Read the full blog [here](#).



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Be someone others can trust

Trust is an important basis for all healthy relationships, even your relationship with yourself.

Trust can be shown through your actions and words. Be the person others can turn to, feeling safe and knowing you will be there.



Read [tips](#)
on what
makes a good
friend.



Set time aside to connect with others

Building good relationships with others can take time. It's important to plan time to connect with those you care about. The amount of time and what you do will look different for each relationship.



Read about how spending time with friends is good for your wellbeing.



Listen to a podcast on healthy relationships and friendship.



Be open to new experiences

Keeping an open mind means being willing to explore something, even if it places you outside your comfort zone. This could be embracing cultural differences, appreciating a different point of view, trying out a new activity, or visiting somewhere new.

Next time you experience something new, spend some time learning more about it. This may mean listening or watching in the moment, asking questions respectfully, or spending time after reading up about the topic.



Read [tips](#) on showing respect and appreciation for differences with others.



Read [tips](#) on building a new friendship.



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“Everyone has incredible attributes that they can bring to your life, whether it’s humour, kindness (you can never have enough kindness in your life!), loyalty, or even just a new perspective and way of looking at things.”

Peer Educator from the [Peer Education Project](#)

Read the full blog [here](#).



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People who will listen



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Shout

Trained Shout Volunteers are here for you if you need to talk, 24/7.

Text **SHOUT** to **85285**

Samaritans

If you need someone to talk to, Samaritans Volunteers are there to listen, 24/7.

Call **116 123**



Childline

If you need support, a trained counsellor is available to listen, 24/7.

Call **0800 1111**

Victim Support

If you have experienced or witnessed a crime, and you need support, talk to a trained supporter via a live chat service, 24/7.

