

take the
 **friend**
in need
challenge

Small things can make a big difference, if lots of people do them.

Here are some tips for how you can create more connected communities.

What other ideas do you have?



9:25



SHARE KNOWLEDGE ABOUT LOCAL SUPPORTS.

- Tell three people about the Friend in Need app.
- If your work has an Employee Assistance Program, remind your colleagues about it.
- Share information about free or low cost events in your area.
- Pin information about counselling services on your local notice board.
- Add a twist to your book club discussion! Consider the challenges experienced by a literary character. In real life, what support services could they access?
- Post about a support group, service or useful resource on social media.
- Hold a fundraiser in support of a community organisation.

FOSTER A SENSE OF COMMUNITY BELONGING.

- Check in on that friend you were meaning to call.
- Get to know better someone who is on the periphery of your social circle.
- Send something to a friend (eg. a song, photo, funny story, news article) with a message that it reminded you of them.
- Organise a working bee to help someone going through a difficult time.
- Hold a street verge party and invite your neighbours.
- Start a group for people who live on your street.
- Organise a social event with your workmates.
- Introduce two of your acquaintances to each other.

ENCOURAGE OTHERS TO LOOK AFTER THEMSELVES .

- Give a healthy treat instead of wine or chocolates as a gift.
- Start a lunchtime 'walk around the block' club.
- Hold a non-alcoholic cocktail party or a 'healthy cook-off' competition with your friends.
- Offer to babysit or to take care of a chore for someone.
- Ask a friend to join you for yoga, tennis or another active activity.
- Help to build someone's confidence. Compliment them directly, praise them to someone else within their hearing, or copy them into an appreciation email.
- Remind a friend going through a tough time to get a general health check-up.