



LOOK

STEP 1: LOOK. In this step, we are looking for signs that a person is upset and needs help.



LISTEN

STEP 2: LISTEN. In this step, we ask: Are you okay? How can I help? Be calm and really listen to their answer.



LINK

STEP 3: LINK. In this step, we link the person with helpful resources. Let them know there are people who can help. Encourage them to talk to a trusted adult, or offer to go with them to talk to someone who can help.



LIVE

STEP 4: LIVE. In this step, you encourage your friend to take care of themselves and find healthy ways to manage their stress. You will also need to take care of yourself!