



What can you do to help?

Have the courage to speak up and get help for a friend/teammate—or for yourself. It's the hardest thing to do, but it's also the single most important step you can take. Speak to a teammate, friend, coach, manager, a doctor, mental health professional, a family member, a helpline...anyone you trust.

Remember: there are people who are ready to listen, and to help.

And if you know someone who may need help, remember that you could be in their shoes. Don't bully or stigmatize them—have a heart. The more you understand, the easier it is to have empathy. Learn about your friend's, teammate's, or family member's challenges. Go online, there are a lot of resources to help you.

How do you know if you, a teammate, or another friend is having a problem with their ability to enjoy each and every day?

B: Behaviour.

Is someone you know behaving in an obviously new and unexpected way?
Is it unpredictable?

U: Uncomfortable.

Does someone's behaviour or attitude make you feel "unsafe" or uncomfortable?

D: Depressed.

Does someone you know seem depressed, unhappy, withdrawn or irritable more often than not?

D: Different.

Is someone consistently just a little different than what you are used to?

Y: You.

You are not alone. Trust what you are feeling. Other people may feel just like you. Remember you should be your own buddy too.

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