



FUNDRAISING CHALLENGE 2026



WORRIED ABOUT SOMEONE?

It can be hard to see someone you care about struggling. You don't need to be an expert to help. Small things like listening, checking in, or being there can make a difference.

Here are some things that can help:

TELL THEM YOU'RE WORRIED

This gently starts a conversation, showing you care, you're there for them, and they don't need to hide their feelings from you.

MAKE SURE NOT TO FORCE IT

Don't pressure them to talk or get help before they're ready. If they're not ready, that's okay. Gentle check-ins let them decide what to do.

OFFER PRACTICAL HELP

Sometimes little things help. You could go with them to appointments, help with tasks, or spend time together. Ask what they need and support.

CARRY ON AS NORMAL

Keep doing what you usually do together, like messaging, hanging out, or checking in. Staying relaxed and natural helps them feel supported.

STARTING THE CHAT

Talking to a friend about mental health can feel daunting, but even small conversations help. You don't need perfect answers; being there and showing you care matters most.

SOME IDEAS FOR CONVERSATION STARTERS:

What's been going on for you?

How have you been feeling lately?

Is there anything I can do for you?

Want to hang out?

IT CAN MAKE A BIG DIFFERENCE...

“Talking to a friend didn't fix everything, but it reminded me I wasn't alone”

“A conversation with a mate can be better than a thousand thoughts kept inside.”

“I didn't need advice. I just needed a mate who'd listen.”



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