esdas

working together towards a brighter future

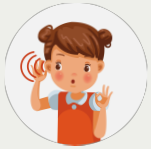
You're worried about a friend's relationship, but what can you do about it?

Ways to open the conversation

I've noticed X shows up alot when we go out and you weren't expecting, how do you feel about that?

I really care about you andI'm a bit worried about you and X and I just want to check how often do you feel safe and happy when you are with them?

How to respond



Listen, let them talk, don't jump in with your thoughts and advice, and if they aren't ready, don't push it.

Be kind and understanding, they may not be ready to make any changes but knowing you are there for them is massive and when they are ready they will trust and be able to open up to you.

Even after telling you how awful it is they may not be ready to make any changes. Don't push them or try to persuade them. Pressuring can make things worse and they may stop talking to you.

Remind them that you will support them with no judgement.

Check in on them and remind them of all their great qualities.

Your friend may feel shame and blame. There is no excuse for abusive, harmful or toxic behaviour. They are not responsible for someone else's behaviour. They have done nothing to cause this.

A healthy relationship should be loving and respectful and allows you to still see your friends and do the things you've always enjoyed doing. It is supportive and makes you happy

If your friend tells you things are not okay and talks about toxic behaviours and abuse, thank them for trusting you. Many people don't talk about what is going on as they worry about not being believed, are frightened about what may happen, their safety and of being judged.

Tell them they have been really brave and encourage them to reach out for more support, offer to make the call with them.

Do not confront the other person.

What happens if you speak to us at Esdas?

1. We will take some details about you, but this is for our records only.
2. We will ask you what you feel you need right now.
3. If you aren't sure, we will just listen and will not judge.
4. Unless you or someone else is in immediate danger, your conversation is completely confidential.
5. We can offer options and advice and support for as long as you need it.

YOU ARE NOT ALONE

Helpful resources to share if safe to do so

Yourbestfriend.org.uk

Love respect.co.uk

Galop.org.uk (specifically for LGBT+)

Brightsky app

ESDAS: 01737771350

(9am-4pm Monday-Friday)

Email: support@esdas.org.uk

www.esdas.org.uk

@esdasl

24 hour national helpline

08082000247

In an emergency call 999