

# Are you a good friend?

“No person is your friend who demands your silence, or denies your right to grow.” - Alice Walker

How can you be there for your friends and build healthy long-lasting friendships?

See the building blocks of a good friendship:



Be open Do not jump to judgement until you have heard everything. A kneejerk reaction, can reduce the chance of your friend opening up in the future.

Honesty is the best policy  
Be respectful and honest with them. Tell them what to expect out of the friendship and hear what they expect as well.

## Watch your tone of voice

It's not just what you say, it's how you say it. Keep your voice level and ensure your tone remains calm.

## Practice kindness

Random acts of kindness, it's the little, unexpected things that mean the most to your friends.

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