

TEAR off tips

Helpful stuff for your friends

As you know, friends don't always know what to say or do. This tear-off section is intended for you give to a friend so they can understand what you are going through. It gives them some ideas that may help them to be the friend you need.



To

It means a lot to me to have you as a friend at the moment. Things are tough and it's kind of hard to know what to do and say...but here are some things that might help.

- If I'm confused or frustrated, help me find out what I want or need and how best to go about getting it.
- Come and hang out with me for a day at the hospital while my mum or dad is having treatment.
- Or come visit us at home.
- Email me, text me, send me mail. Just stay in touch. If I'm not in the mood to talk, I just won't answer.
- Send me jokes, DVD's or music and do things with me that make us laugh and relieve some of the stress.
- If my parent is in hospital, invite me over for meals. It's good to be able to get away when things get too hard to deal with. (Plus I may be getting really bored with my own cooking.)
- Cry with me, laugh with me and listen to me. Sometimes there's no need for words.



- If I'm away in another city staying with my parent who's having treatment, I will miss talking to my friends. Try to stay in touch with me. (HINT: A gift of a pre-paid phone card would be great. That way I know I can always call you when I need to!)
.....
.....
.....
- Cancer treatment can go on for a long time. I may need you for the long haul. Some stages will be better than others. Be my friend and support me through all the stages of cancer.
.....
.....
.....
- Often I lie awake at night thinking and worrying. If you don't mind taking phone calls in the middle of the night (and your parents or flatmates are OK with it), let me know.
.....
.....
.....

From