

INTERNATIONAL DAY OF FRIENDSHIP



30TH JULY 2025

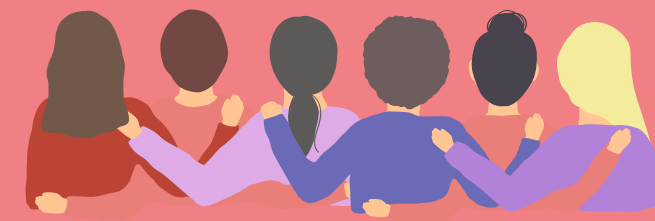
WHY DO WE HAVE FRIENDSHIP DAY?

The United Nations came up with 'International Day of Friendship' to build connections between people, cultures, countries and communities.

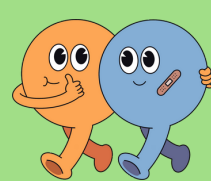


WHY ARE FRIENDS IMPORTANT?

Friends can lift your mood when your feeling low, make you laugh and offer support.



HOW TO BE A GOOD FRIEND?



P

Pay attention

A

Ask

L

Listen

S

Support

HOW TO GET INVOLVED

- Call or text a friend
- Go for a walk with a friend
- Join a club or team
- Organise activities with a group
- Volunteer
- Remember to be kind!



**AWARENESS
DAYS**

TAKE 5 STEPS TO WELLBEING

Friendship day reminds us of the importance of connection. Connect is one of the Take 5 steps to help support your emotional wellbeing.

Take5
steps to wellbeing

SCAN ME

