



THE LATER FRAMEWORK

This strategy is suggested in the 14-16 BrainWaves lesson:

Talking to friends about mental health.

About the L.A.T.E.R. framework

The L.A.T.E.R. framework is a peer-support conversation model originally developed by Australian psychologist Michael Tunnecliffe and further adapted by educational psychologist Dr. Sue Roffey. It was designed specifically to give young people a practical, safe structure when having conversations about mental health and supporting distressed peers.

- **L – Listening:** Giving the person full, uninterrupted attention, asking open-ended questions, and encouraging them to share at their own pace without jumping in to give unasked advice.
- **A – Acknowledgment:** Validating the person's feelings and recognizing that their pain or concern is real and serious to them.
- **T – Talk:** Gently exploring what actions or steps the person has already thought about taking, helping them brainstorm options rather than telling them what to do.
- **E – Encouragement:** Supporting and encouraging the person to choose a safe, positive next step or option.
- **R – Review:** Setting a clear time to check back in with them to see how things went (with more urgent/serious concerns requiring a faster review).

The scientific evidence behind the L.A.T.E.R. framework

Whilst there is currently no standalone published empirical trial evaluating the complete L.A.T.E.R. package as a single intervention, every component of the framework is grounded in established, evidence-based psychological traditions:

- **Person-Centered Counseling:** Grounded in Carl Rogers' foundational research on core conditions for therapeutic change (unconditional positive regard, empathy, and active listening).
- **Helpline & Crisis Communication Models:** Aligns with Gerard Egan's 'Skilled Helper' problem-management model and Clara E. Hill's 'Helping Skills' framework, which form the core of modern counseling skills guidelines (such as those from the British Association for Counselling and Psychotherapy).

Further reading

This YoungMinds article provides advice on how to respond when a friend opens up to you:

<https://www.youngminds.org.uk/young-person/supporting-a-friend-with-their-mental-health>