

# WAYS TO SUPPORT SOMEONE IN GETTING HELP:

- Finding a professional they feel comfortable talking to
  - Making an appointment for them on their behalf
  - Taking them to the appointment on the day
- Accompanying them during the assessment interview if appropriate.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit [www.staychatty.com.au/get-help](http://www.staychatty.com.au/get-help) for a list of services.

Source - The Black Dog Institute (18)