

HELPING SOMEONE WITH THEIR MENTAL HEALTH

- Avoid suggesting they 'get over it'. This is unhelpful can reinforce their feelings of failure or guilt.
 - Help the treatment process – if therapy or medication have been prescribed, encourage them to persist with treatment and to discuss any side effects with their doctor.
 - Help them access support - support them to get to therapy appointments or to complete online therapy exercises.
- Validate how they feel – you might not understand but you can listen and show you care.

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 for a list of services.

Source - The Black Dog Institute (19)