

HOW TO START A CONVERSATION WITH SOMEONE STRUGGLING WITH THEIR MENTAL HEALTH

- Gently let them know you have noticed changes and explain why you are concerned
 - Find a good time to talk when there are no pressures or interruptions
 - Listen and take things at their pace
 - Respect their point of view
- Validate what they are experiencing, but don't offer reassurance or advice too quickly
 - Let them know that there is help available that can make them feel better
- Encourage them to talk to their family GP, or other health professional, and to find a trusted friend or family member that they can confide in.

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 (20)