

Be there for somebody

You don't need to have all the answers. Simply being there while offering compassion and respect can mean the world to someone who is having a hard time

Tips for Starting a Conversation

1 Just start the conversation

It doesn't matter how it starts, as long as it starts. It could be as simple as an observation such as; 'Hey, I've noticed lately that you haven't been your usual self... is everything ok?'

Be caring and present to what comes up.

2 Listen and Reflect

Listen without judgment and reflect back what you are hearing. "I can hear how tough that must have been for you". Or "It sounds like you are going through a really challenging time at the moment". Normalise mental health by talking about it.

3 Ask how you can help

Don't assume you know how you can help. Check in and ask what they need; what would be most beneficial for them in the way of support.

4 Don't try and fix it

Listen for information and understanding. Resist the urge to offer suggestions or 'quick fixes'. This can often lead people to being dismissed, not fully heard or accepted.

We are here to help

Call 13 11 14

24/7 Crisis Support Line

0477 13 11 14

24/7 Text Support

www.lifelinenorthcoast.org.au

