

MENTAL HEALTH

TOOLKIT

QLIFE

1800 184
527



**Migrant Resource
Centre TAS**

6221 0999

**SUICIDE CALL BACK
SERVICE**

1300 659 467

headspace

6408 0251

Kids Helpline

1800 551
800



Lifeline:

13 11 14

THEIRS

Talk, Hear & Help, Educate, Inform,
Refer and Support

HOW TO HELP A MATE

Rest and set boundaries

Its okay to take a break and know your limits.

Connect with others

Have 5 supportive people in your life and
have a chat with them.

Do something for you

Go for a walk, play a sport, read a book,
listen to music, play with a pet, something
to help you de-stress and find joy

Look for the signs

Is there changes in behaviour (including eating,
socialising AOD use and sleeping, outbursts,
depressed, overly happy or suicidal thoughts?)

Ask and listen

"Hey I noticed..."

"I'm just checking in..."

Be sure to actively listen!

Offer support

Provide some support services,
schedule a check-in to see how things
are going, be a mate.

Look after yourself

Be sure to put on your own life
jacket before helping others!

**LOOKING AFTER
YOURSELF**

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