

# Warning signs and symptoms someone may be struggling?

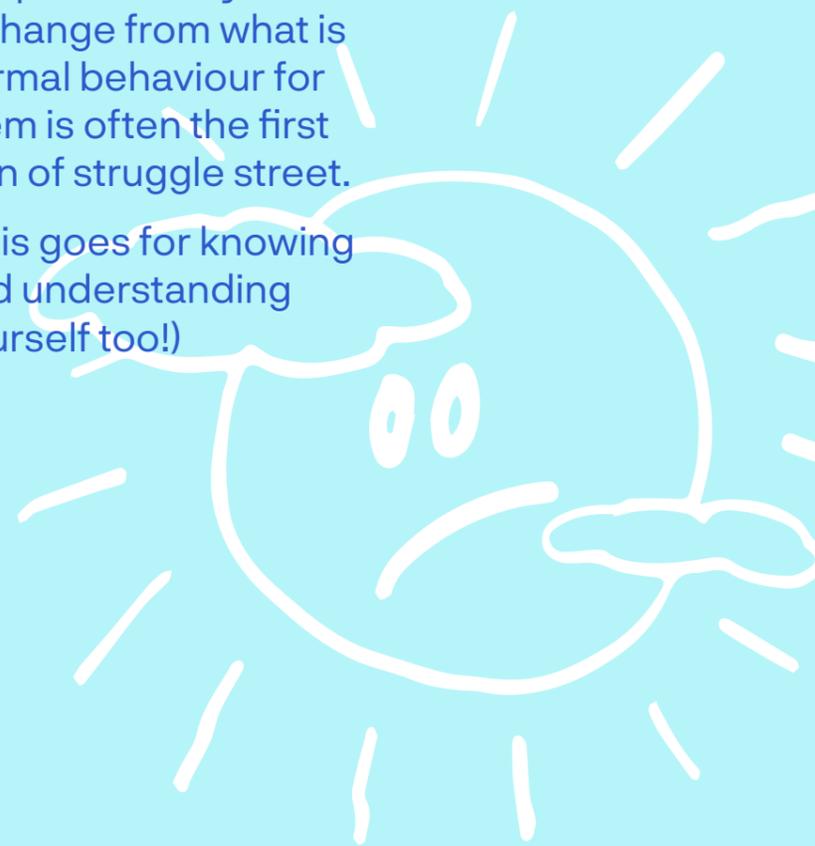
Life is full of ups and downs - this is all very normal in small doses!  
Warning signs and symptoms can vary a lot from person to person.  
Some warning signs and symptoms might include:

- Loss of joy
- Prolonged sadness
- Nervousness
- Change in sleep
- Social withdrawal
- Loss of self-esteem
- Substance use
- Dramatic weight or appetite change
- Poor concentration

## **REMEMBER...**

These are important to know. But what seems to be most important is knowing and understanding the people around you. A change from what is normal behaviour for them is often the first sign of struggle street.

(This goes for knowing and understanding yourself too!)



# Setting aside time for mental health.

Do things that make YOU feel good about YOU! This stuff is great to do every day, but can be really useful when going through a stressful time either personally or professionally.

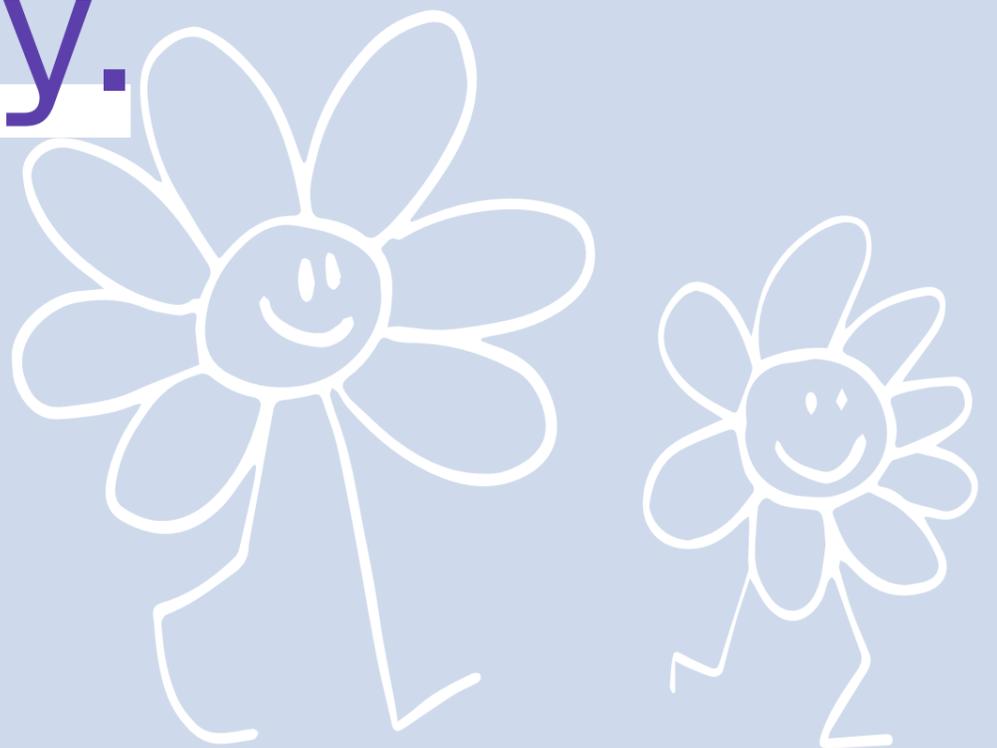
- Exercise
- Get outdoors
- Practice mindfulness or meditation
- Read a book
- Listen to music

## **REMEMBER...**

Looking after yourself is not only good for your own mental health but will enable you to help your family and friends even more effectively.

# As a family.

- Watch a movie together
- Exercise together
- Talk openly about feelings
- Have family dinners
- Limit screen time



# How to talk to your loved ones about their mental health.

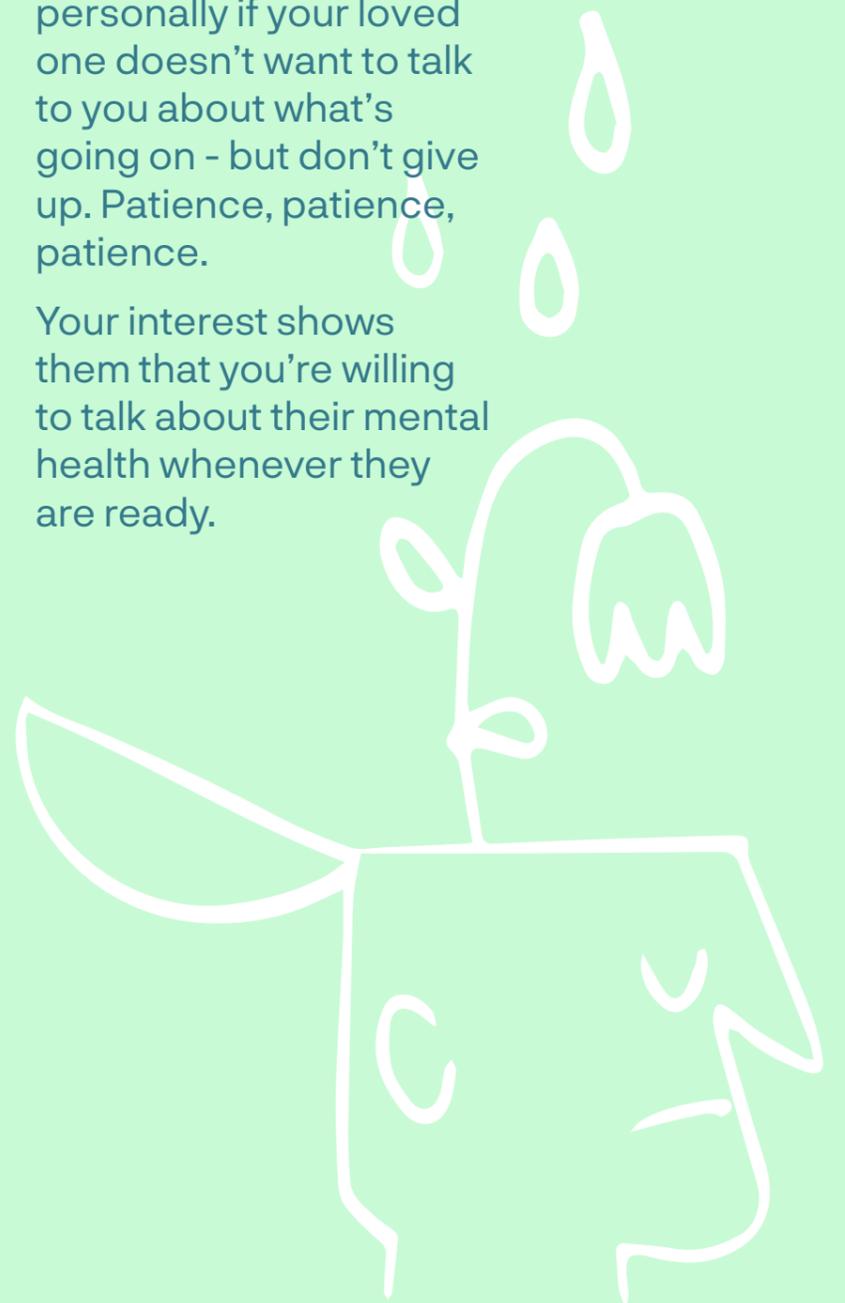
- Take what people have to say seriously
- Prepare yourself to LISTEN, not to solve their problems
- Give them time to think after you ask a question
- Encourage action. One of the most powerful questions you can ask someone is “How would you like me, to help you?”

Research suggests that there is really no right or wrong thing to say to someone who might be struggling, as long as you approach them with authenticity and the genuine intent to help.

## REMEMBER...

Try not to take it personally if your loved one doesn't want to talk to you about what's going on - but don't give up. Patience, patience, patience.

Your interest shows them that you're willing to talk about their mental health whenever they are ready.



# Knowing when to seek professional support.

- If warning signs and symptoms persist for longer than 2-weeks
- If how you are feeling about anything is causing you significant distress - “why can’t I shake this?”
- If the way you are feeling is stopping you from doing things you can usually do or the things you usually enjoy doing

*Crisis situation, or if there is any threat to life*

**EMERGENCY -**  
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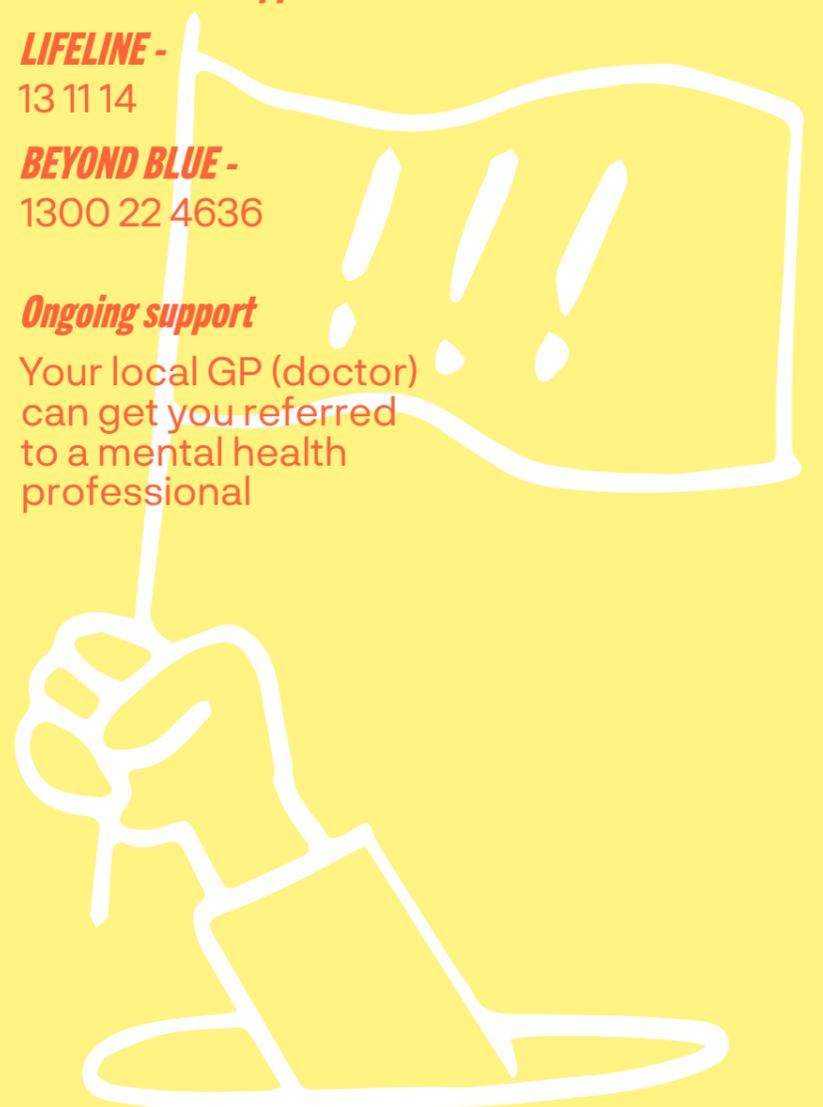
*For immediate support*

**LIFELINE -**  
13 11 14

**BEYOND BLUE -**  
1300 22 4636

*Ongoing support*

Your local GP (doctor) can get you referred to a mental health professional



# How you can kickstart a conversation.

Don't shy away from speaking with your family, friends or colleagues about Mental Health. That said, kickstarting the conversation can be daunting for some. Here are some tips for getting started.

Let the person know you are concerned about them and create an environment where they can open-up. You could try saying:

- "I'm worried about you. How about we chat?"
- "I have been noticing you are (sad / distant / angry / not yourself). What has been going on for you?"
- "You haven't been acting like yourself lately, how about we have a chat about what's going on?"

## REMEMBER...

Don't worry if you don't think you've found the perfect thing/s to say.

Research has revealed that just offering your support is one of the greatest things you can do. Let the person know you are there to support them in any way and every way you can.



HOW ARE YOU?