

SUPPORTING MENTAL HEALTH CONVERSATIONS

Has someone not been themselves?

If you notice someone's been off for more than two weeks, seems to be getting worse, or is struggling with daily functioning, they may need some support with their mental health. Have the conversation and link them to the right support.

ASK Start the conversation to give them a chance to open up

"You seem off your game"

"Is everything okay?"

"I've noticed you haven't been yourself lately"

NO

Are they okay?

YES

Monitor and check in as needed

Conversation tips:

- Be honest about your concerns
- Show you care
- Don't try to fix everything

UNDERSTAND Ask open, empathetic questions to understand what's going on and how serious it is

"How long have you been feeling this way?"

"Has anything happened to make you feel worse?"

"Are you thinking about suicide? Do you have a plan?"

NO

Are they at risk of harm right now?

YES

Call 000 or take them to the emergency department

Conversation tips:

- Listen without judgement
- Take what they are saying seriously
- Ask about suicide if you are worried about it

REFER If needed, help them find additional support

GP

Help and crisis lines

Online help

NO

Are they a young person?

YES

Contact parents as needed

Conversation tips:

Lifeline 13 11 14
Kids Helpline 1800 551 800
Relationships Australia Tasmania 1300 364 277
www.beyondblue.org.au
www.eheadspace.org.au

CHECK IN

"How are you going since we last talked?"

"Have you talked to anyone else about this?"

"Do you need any more support?"

NO

Are they doing better?

YES

Monitor and check as needed

Conversation tips:

- Normalise mental health conversations to reduce stigma
- Know the limits of your support
- Look after yourself

This information is meant as a guide only. If you are unsure how to proceed, always seek professional help by contacting one of the services listed above.

Developed in consultation with clinical staff at Relationships Australia Tasmania.



GOODSPORTS
INSPIRING A HEALTHIER SPORTING NATION