

# Worried about a mate?

## 6 Ways You Can Help.

  
MENTAL HEALTH



### Talk to a mate

Check in on a mate or someone you care about if they're not going so well. A phone call or invitation to catch up can have a positive impact on their lives and your own.



### Talking and listening are powerful

You don't need to be an expert to talk to someone who isn't going so well. Simply letting someone know you care can make a difference to how they are feeling.



### Reach out if things get too rough

It's important to seek help and support when we're struggling with difficult emotions.



### Mental health challenges can affect anyone

Reducing stigma around mental health helps people to feel supported, be kind to yourself and others.



### Engage in relaxation

Relaxation can help to reduce stress, improve mood, and promote overall wellbeing.



### Maintain connection with something you love

Engaging in activities we enjoy can help us to cope with stress and challenges.

#### In an Emergency Dial 000

For support call Lifeline 13 11 14

or visit [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au) for more information



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