



RURAL ADVERSITY MENTAL HEALTH PROGRAM

If someone you know is going through a tough time, it is important to talk to them and take action.

Having a Conversation

If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.

Starting a conversation about mental health can be difficult, but there are things that can help:

Pick a time and place

Find a private place where you think they will feel comfortable and won't be overheard.
Pick a time when the person is not rushed. Could you ask them to go for a walk to grab a coffee or go for a drive?

Be specific

Tell the person what you have noticed – let them know about the changes you're worried about and why they've made you concerned.
For example, *"I've noticed that you seem less motivated at work, how're things going?"* or *"I haven't seen you at the pub lately, what's been happening?"*

Ask questions

Try asking questions that will get more than a one-word answer. For example, *"How long has it been like this?"* is more likely to start a discussion than *"Has it been a while?"* which will get a "yes" or "no" answer. These types of open questions are a good tool get a conversation going.

Really listen

Listen without judgement, don't interrupt and acknowledge their feelings. These things can be hard to hear but they're generally harder to say. Even if you see things differently, try to put yourself in their shoes. Let the person know that you hear them and can see where they're coming from. For example, *"It sounds like you are having a really hard time".*

Let them know it's okay

Reassure them that it is okay to feel the way they do. Let the person know that help is available and that they will get back on track. You might say, *"There are things that can help when we're doing it tough, a doctor could point you in the right direction".*

Support and encourage

Support them in taking positive steps to improve their mental health. This might be starting an exercise program alongside them, making an appointment with a GP or simply getting the person out of the house to do the groceries or catch up with mates.

It takes strength to admit when you're doing it tough and to ask for help or take action. Let the person know that this won't break them, it will only make them stronger, and encourage them to keep taking steps in a positive direction.

Follow-up

Stay in touch and check in again soon. You could say *"Hey, how's it going? I found this website the other day, might be worth checking out?"* or *"How did you go with the GP?"*

Look after yourself

Remember, you are there to support them, but you are not expected to diagnose or fix their problems. Make sure you're going okay and ask for support if you need it.



Where to find further support

GP – Contact a local general practitioner (GP).

Head to Health – headtohealth.gov.au

Find Australian mental health services and resources.

Alcohol Drug Information Service –
1800 250 015

24/7 confidential telephone line providing advice, referral and support. Web chat Mon-Fri 8.30am - 5pm.

Beyond Blue Support Service -
1300 224 636 beyondblue.org.au

24/7 counselling and support services available.

Lifeline – **13 11 14**

24/7 confidential telephone line for crisis support.

NSW Mental Health Line – **1800 011 511**

24/7 telephone line providing advice and referral.

MensLine - **1300 789 978** mensline.org.au

24/7 telephone, online chat and video counselling services for men with emotional health and relationship concerns.

Kids Helpline - **1800 55 1800**
kidshelpline.com.au

Free online and telephone counselling for young people aged 5-25.

SANE Australia - **1800 18 7263** sane.org

Counselling, referrals and information for adults with mental illness, trauma and psychological distress. Available weekdays by phone, email or web from 10am-10pm.

1800 RESPECT - **1800 737 732**

1800respect.org.au

24/7 telephone and online support services for sexual assault, domestic and family violence.

Suicide Call Back Service – 1300 659 467

24/7 telephone line for anyone affected by suicide.

Contact
your local
RAMHP
Coordinator

RAMHP has Coordinators based across NSW who provide specialist knowledge and support for people experiencing mental health concerns

VISIT www.ramhp.com.au



Centre for
Rural & Remote
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