



SILENCE
IS DEADLY
DON'T STAY
SILENT BECAUSE

**"IT'S NOT WEAK
TO SPEAK"**

READY TO CHAT? HERE'S WHERE TO START.

PHONE OR FACE TO FACE

Lifeline.org.au | 13 11 14 Headspace.org.au
Menslink.org.au | 6287 2226

ONLINE CHAT

Headspace.org.au beyondblue.org.au

APPS

Reachout Toolbox (to help yourself) or beyondblue.
Check in (to help a mate)

SCAN ME



menslink.org.au/sid

Menslink acknowledges the support of the
ACT Government and our corporate partners.



HOW CAN I GET SOME ADVICE?

Start by talking to someone you can trust – a mate, a relative, a teacher or a coach.

Counsellors will always listen and provide tips on how to deal with problems, feelings and the people in your life – and they'll keep it confidential too.

Worried or nervous? A counsellor doesn't work for you? Try online chat, a phone call or an app – all on the back.

START A CONVERSATION WITH A MATE.

Find the right time & place to talk.
Try asking when you're both doing something together.

Ask if he's okay and wants to talk about things.
Tell him you're there to help if he needs it.

Be persistent, but not annoying. If he doesn't want to talk just now that's ok too – just remind him that you'll be there for him and maybe even send him a text in a few days.

Get your own support and advice – don't take it all on by yourself. There's resources on the back of this card. If you're worried about a mate, ask for help.