



SILENCE IS DEADLY
DON'T STAY SILENT BECAUSE



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

READY TO CHAT? HERE'S WHERE TO START.

FACE TO FACE (IN CANBERRA)

menslink.org.au | 6287 2226

PHONE OR ONLINE CHAT (+ OTHER RESOURCES)

lifeline.org.au | 13 11 14

kidshelpline.com.au | 1800 55 1800

headspace.org.au | 1800 650 890

beyondblue.org.au | 1300 224 636

MENTAL HEALTH APPS

au.reachout.com/tools-and-apps

SCAN ME



menslink
supporting young men in Canberra
Mentoring | Counselling | Education



menslink.org.au

HOW CAN I GET SOME SUPPORT?

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.