



# let's talk

where to find help  
for mental health  
concerns

# Tips for having a conversation with someone you are concerned about

Chat in a comfortable and private place.

Tell them what you have noticed and why you are concerned:

*"I've noticed you've been missing footy training, what's been happening?"*

Use open-ended questions:

*"How long have you felt this way?"*

Listen and acknowledge their feelings:

*"It sounds like you are doing it tough"*

Try not to judge or dismiss their problems.

Be aware of your own reactions.

Ask directly about suicide:

*"Are you thinking about suicide?"*

*"Have you thought about how and when you would kill yourself?"*

*"Have you got the things you would need to carry out your plan?"*

Reassure them that there is help available.

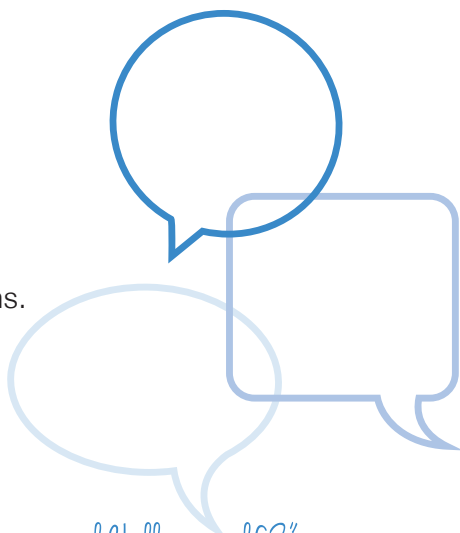
Encourage and support them to get help:

*"It might be useful to link in with someone who can support you.*

*Would you like me to help you make an appointment?"*

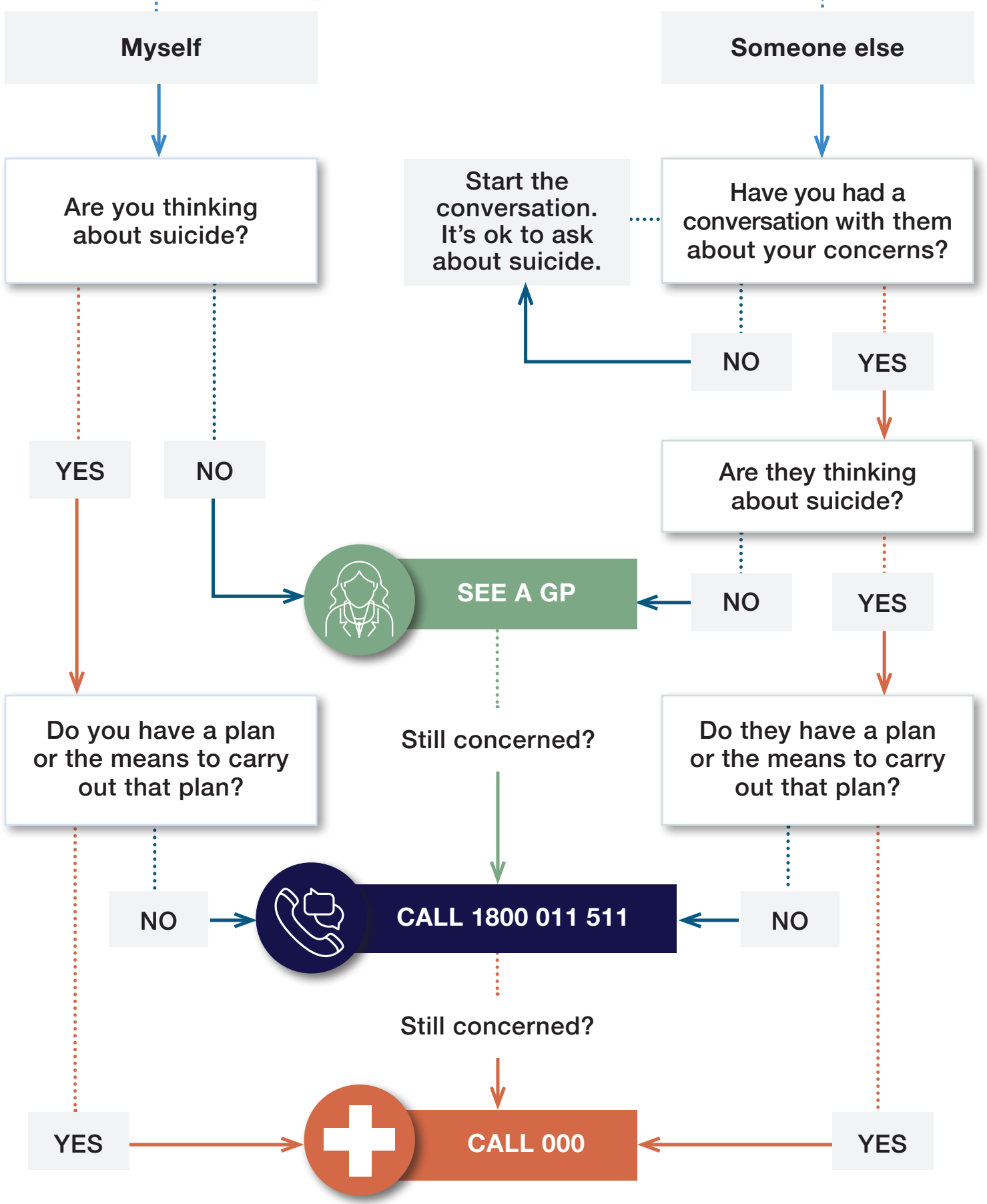
Check back in with them at a later date.

It's OK if you don't feel comfortable having this conversation, instead ask a trusted family member or friend if they could talk to the person you are concerned about.





# WHO ARE YOU CONCERNED ABOUT?



*See a GP*

Talking to a General Practitioner (GP) is a good place to start when you're looking for help and advice regarding your mental health. They're trained to assist with both mental and physical health problems and can tell you where you can find further help and support if needed.

Appointments will usually take 10 - 15 minutes, but it can be helpful to ask for a longer appointment if it's the first time you've spoken about your mental health.



*Call*  
**Mental Health Line**  
**1800 011 511**

The NSW Mental Health Line is a 24/7 service staffed by mental health clinicians. They'll ask you some details about the person with the mental health concern, including name, history and symptoms.

This information is used to decide how urgently the person needs to seek help, what service would be best for them and advice on what to do next.



*Call*  
**000**  
*Emergency Services*

If someone is at immediate risk of suicide, it is important to contact emergency services for help. Police and Ambulance services are sometimes needed to keep people safe. If necessary, they can take the person to the nearest emergency department where they can speak to a mental health professional for assessment and care.

It is not always possible to have the conversation in person. If you do not live close to the person you are concerned about, you can talk to them over the phone or online via private chat.

- Try to find out where they are and if anyone is with them.
- Ask them who else they would feel comfortable talking to. Get their permission to contact their trusted person.
- Tell their trusted person about your concerns. Ask them to have a conversation with the person you are concerned about.
- Follow up with the trusted person to see how the conversation went.

If you would like to talk to someone, the following services offer 24/7 confidential counselling.

**Suicide Call Back Service 1300 659 467**

**Lifeline 13 11 14**

**Please note if you or someone else is in immediate danger, call 000 or go to your nearest hospital emergency department.**

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