

HOW TO BE A MENTAL HEALTH ALLY

There are many ways that you can be a Mental Health Ally, with the 3 steps below being a simple way to start.

1. ASK

Check-in with folk, regardless of if you notice a change in people's behaviour, take the time to check-in with your people..

2. LISTEN

If someone is experiencing distress, communication might be difficult, taking the time to listen and understand makes space for a range of experiences, and doesn't add pressure to the conversation.

3. VALIDATE

Take time to validate a person's concerns, respect their boundaries and show your support through validating what another person is experiencing.

If you'd like help and support in understanding the mental health services or resources available in your area then reach out to WayAhead's Mental Health Information Directory:

☎ 1300 794 991
🌐 <https://directory.wayahead.org.au/>

FIND OUT OTHER
WAYS TO BE A
MENTAL HEALTH
ALLY HERE



WayAhead



ASK

- How are you doing?
- I've noticed you haven't been yourself, would you like to chat?
- Is this conversation still okay for you?

LISTEN

- Practice active listening, including being attentive to non-verbal communication
- Don't start planning what you're going to say next and don't impose your opinions or solutions
- Practice listening to understand, not react, and ask questions to clarify if you need to

VALIDATE

- It can help to repeat things back to people to make sure you understand what they're saying and validate their experience
- Leave lots of time for replies (don't jump in) and allow people to write/text if they prefer
- You can also validate through understanding and respecting boundaries, ideas, and individuality

We
all have a
role to
play
