

Other Support



Wayahead Anxiety Support Groups

<https://understandinganxiety.wayahead.org.au/support-group-locations/>



One Door Mental Health Support Groups

<https://www.onedoor.org.au/support-groups>

Community Groups



SANE Forums

<https://saneforums.org/>



Meetup

Social and community groups
<https://www.meetup.com>

Remember, just being there for someone is the most important thing, you're not there to diagnose—just listen and support them.

Helplines

Wayahead 1300 794 991

9am–5pm, Mon–Fri

Help finding the right service for you in NSW

Lifeline 13 11 14

24/7 Support for anyone having a personal crisis

Kids Helpline 1800 55 1800

Phone and online counselling for people aged 5–25.

Beyond Blue 1300 22 46 36

24/7 Mental health support

QLife 1800 184 527

3pm to 12am, each day

LGBTQI+ support

SANE Australia 1800 187 263

Support for people or friends/family of someone with complex mental health

Griefline 1300 845 745

8am to 8pm: 7 days AEST

Support for people experiencing grief and loss

Suicide Call Back Service 1300 659 467

24/7 Counselling for people feeling suicidal and their carers, as well as those who have lost someone

NSW Mental Health Line 1800 011 511

24/7 Line for mental health information and intake to hospitals



Disclaimer - People are complex, and every situation is different, this is some general advice that may help you start a conversation with someone you care about.

2024 Mental Health Month

Let's Talk About How To Be A Mental Health Ally



Wayahead®

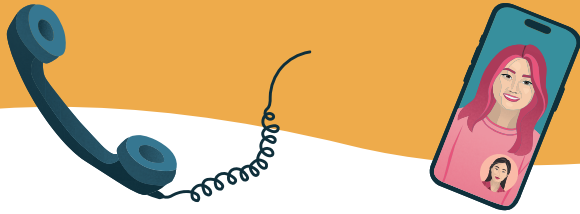
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NSW GOVERNMENT

Activate
work-life balance

MENTAL HEALTH MONTH
OCTOBER

01.

Connect



Reach out and check-in with folks, if you notice a change in people's behaviour, take the time to check-in with your people. You could connect by meeting for a walk, or coffee/tea or to do a common interest you both share.

One way you can reach out is by sending them a text or giving them a call.

When you do connect, ask questions like:

- How are you doing?
- I've noticed you haven't been yourself, would you like to chat?
- Is there anything on your mind that you'd like to talk about?

If they decline your invite (don't take it personally – they might not be ready to chat) remember to continue to check-in on them and encourage connection with their family, friends and community.

02.

Deep Listening



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

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, just simply listen.

- Leave lots of time for replies (don't jump in) and allow people to write/text if they prefer
- Practice listening to understand, not to react, and ask questions to clarify if you need to
- It can help to repeat things back to people to make sure you understand what they're saying and validate their experience



03.

Continued Support



If you're worried about someone, it's important to check back in with them regularly or if you're not the most appropriate person to do so then having someone who's closer to them check-in could be a better option. If you can, set another time to connect in person or do an activity together.



Professional Help

If you think they may need additional help, encourage them to see their GP to get a mental health care plan and referral to see a mental health professional.