



HOW TO TELL SOMEONE YOU ARE STRUGGLING

One of the most important things to remember when we are going through a tough time is that we are not alone. It may not feel like it sometimes, but there is always someone to talk to and always someone who cares.

If you are in a crisis or are worried about someone, contact Lifeline on 13 11 14. If life is in danger call 000.

1 before the convo

Choose a person who you trust — a family member, a friend, a teacher, a GP, a coach.

Choose a time when you know the person you are reaching out to doesn't have to rush off and a place that is comfortable to chat.

CLOSE FRIENDS

2

during the convo

Remember that the person you are opening up to cares about you.

Be completely honest with how you are feeling.

Don't expect them to have all the answers.

3

after the convo

Be kind to yourself! Reaching out and being vulnerable shows a huge strength of character.

If you didn't get the response you'd hoped for, reach out to someone else and keep trying until you get the support you need.

Stay connected.

FIND TIME FOR SELF CARE