



# M8D8: TALK THINGS THROUGH WITH YOUR MATES

## I'M WORRIED ABOUT A MATE. WHAT SHOULD I DO?

M8D8 encourages young men to take the time to talk things through with their mates - before problems get too big to cope with.

### SOME SIGNS YOU MIGHT NOTICE IN YOUR MATE:

- \* He has big stuff going on in his life
- \* He doesn't seem himself – he's firing up and doing or saying things that aren't like him
- \* He isn't showing up for things that are important to him
- \* He seems really low
- \* He's relying more on drugs or alcohol every day

### LET YOUR MATE KNOW YOU'RE THERE:

**Ask:** "You don't seem right, what's going on?"

**Say:** "I know you've got a lot going on, how are you doing?"

**Keep checking in;** don't take no for an answer, even if you get knocked back

**Listen** and be there

### SUPPORT SERVICES TO OFFER:

**Mental Health Emergency Response Line:**

1300 555 788

**CAMHS Crisis Connect:**

1800 048 636

**13YARN:** 13 92 76

**Here for You:** 1800 437 348

**Rurallink:** 1800 552 002

**Lifeline:** 13 11 14

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