



M8D8: TALK THINGS THROUGH WITH YOUR MATES

I'M STRUGGLING. I NEED A MATE

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

SIGNS YOU MIGHT NEED A MATE:

- * You've got some big stuff going on in your life
- * You're angrier than normal and firing up quickly
- * You're not showing up
- * You can't be bothered doing the things you used to love doing

HANG OUT WITH A MATE (IT DOESN'T NEED TO BE A BIG DEAL):

- * Kick a footy
- * Make a call
- * Head down to the river and go fishing
- * Go on a car journey
- * Go for a feed
- * Do any activity that involves being next to each other, not face to face

IF YOU NEED MORE SUPPORT:

13YARN: 13 92 76

Here for You: 1800 437 348

Rurallink: 1800 552 002

Lifeline: 13 11 14

Mental Health Emergency Response Line: 1300 555 788

CAMHS Crisis Connect:
1800 048 636

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