



M8D8: TALK THINGS THROUGH WITH YOUR MATES

START THE CONVERSATION WITH 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.

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 you doing?"

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

Listen and be there

WHAT IF I DON'T KNOW WHAT TO SAY?

* You don't need to have the answers, you just to need to listen.

* Being there for your mate is often enough.

WHAT IF MY MATE IS REALLY STRUGGLING, AND I'M WORRIED I HAVEN'T GOT THE SKILLS TO HELP?

Suggest your mate contacts the following support services:

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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