

Let's talk about mental health

Supporting people with mental health conditions



For someone with a mental health condition, support can make a big difference. But if you are the support person, it can take a toll and it's important to look out for yourself too.

Tips to support you!

Remain hopeful	Don't be too hard on yourself	Take time for you	Know when to reach out
<ul style="list-style-type: none">Support the person throughout their journey.Embrace the small wins like when the person you support attends a Doctor's appointment or sees a friend.	<ul style="list-style-type: none">Don't feel like you aren't doing enough to support.Refocus your 'self-talk' with positive thoughts.Remind yourself you're doing the best you can.	<ul style="list-style-type: none">Plan and take breaks, even if it's just for a few hours.Continue your hobbies, maintain a life of your own and look after yourself.Get enough sleep and maintain your routine.	<ul style="list-style-type: none">Recognise when you need extra support.Monitor your thoughts and feelings.Notice if you have more frequent headaches, tightness in your muscles, lack of sleep and/or poor concentration.

Support: EAP; Your Doctor; A trusted friend or family member; Your Supervisor, Manager or site Health Specialist; Support group



? How do you look out for a colleague, friend, or family member when they need support?