

Factsheet #4 Talking Mental Health - Workmates.



A few signs to notice...

- mood changes - seems run-down
- drinking more alcohol than usual
- getting headaches
- overwhelmed by tasks or not coping
- taking days off work
- avoiding social situations
- not enjoying life as before

It's so important to recognise when a mate might be struggling. Tell a mate you have noticed the signs and ask if they are OK. Getting help when we need it is SO important. Every MPATAS factsheet has the resources listed on page 2. Mental health resources are free and available.

How to help a mate.

1. **Be ready with suggested resources - find them on the back of this page.**
2. **Make time and place for a chat.**
3. **Ask how they are going. Talk about any changes you have noticed.**
4. **Listen and encourage them to talk.**
5. **Encourage a mate to make that call and get help.**
6. **Check in later to see how they are doing.**

Everything you need to start the conversation - find it here :

 www.mpatas.com.au

MPATAS Facts: Mental Health Resources for TAS.

24/7

NEED HELP

NOW!

**EASY, FREE
MEDICARE**

SERVICES

- Emergency Call **000**
- Lifeline Call: **13 11 14**
- Lifeline Text: **0477 131 114**
- Lifeline Chat:
lifeline.org.au
- Access Mental Health: for anyone experiencing a mental health crisis in Tasmania: **1800 332 388**
- Suicide Call-Back Service **1300 659 467**
- Beyond Blue **1300 224 636**

- Medicare Mental Health phone service: weekdays **1800 595 212**
- Launceston Mental Health Centre: **1800 595 212**
- Devonport Mental Health Centre: **1800 595 212**

VISIT

**YOUR FAMILY
DOCTOR**



Your family doctor or GP is an expert in mental health. Make an appointment with your GP, or find a GP at your local clinic.