



Look after your mates

**Check in on a mate, or someone you care
about if they're not going so well.**

If you, or someone you know needs support for their mental health and wellbeing,
visit www.thinkmentalhealthwa.com.au for resources and links to services.

In an Emergency Dial 000

For support call Lifeline 13 11 14

or visit www.thinkmentalhealthwa.com.au for more information



Talking and Listening are Powerful

**You don't need to be an expert to talk to
someone who isn't going so well.**

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Reach out if things get too rough

**It's important to seek help and support when we're
struggling with difficult emotions or situations.**

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think
MENTAL HEALTH

Mental health challenges can affect anyone

Mental health challenges can impact people from all walks of life, regardless of their age, gender, or race.

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Engage in relaxation

**Relaxation can help to reduce stress, improve mood,
and promote overall health and wellbeing.**

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MENTAL HEALTH

Maintain connection with something you love

Engaging in activities we enjoy can provide joy, and can help us to cope with stress and challenges.

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Worried about a mate?

6 Ways You Can Help.

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