

Looking out for a mate

WHEN TO BE CONCERNED ...

 stop ... look ... listen for...

What's happening?

- problems with
 - mates / relationships
 - family
 - work
- trouble with the law
- sexual or physical abuse
- suicide / violence ...
 - someone they know
 - heard or read about
- Mental health problem / trauma

*Almost anything
depending on how they feel about it*

What do they feel?

- desperate
 - depressed / feel hopeless
 - Things too hard / painful
- angry / sad
- ashamed
 - worthless
- lonely / unsupported / cut off

Physical Changes?

- nothing's much fun
- low energy
- can't sleep properly
- little interest in food / sex
- often feeling unwell
- hurting a lot

Examples only

Check out ANY concerns you have

Red = could mean more immediate risk

What's on their mind?

- talk of
 - escape - find a way out
 - no future
 - guilt
 - being alone
- mind not on the job
- talk of suicide, death
- planning for suicide

What are they doing?

- often upset / angry
- emotional outbursts
- reckless (e.g. on the job, driving)
- drinking a lot
 - drink driving
 - drug misuse
- fighting / law breaking
- withdrawn
- putting affairs in order
- dropping out
- attempted self-harm / suicide before

Reach out to a mate

Tell them what you noticed

Get help

Suicide is never the only option