Tools to Talk about mental health

BUILDING WELLNESS
Taranaki W'akamaiangi

Need to talk?
For the local coordinator call
027 454 5887
or free call or text **1737**
to talk to a trained counsellor

S.T.A.R.T. talking

Welcome to the START Framework pocket guide!
This will help you begin conversations about mental health and provide support to others.

NOTICED A MATE MIGHT NOT BE DOING SO GREAT?

Have you noticed:

- More anger, worry, or low moods?
- Changes in behaviour?
- Problems with concentrating?
- Seems distant and withdrawn?
- Hungover all the time?
- Taking more risks?

S > select the person

WHO ARE YOU GOING TO CHECK IN WITH?

- Choose someone you feel safe and comfortable talking to.
- Remember, some people are good at hiding their struggles so reaching out to people who seem fine is valuable too.

T > take them out

- Find somewhere quiet enough to have a chat.
- Get offsite if you need to - take them out for a coffee or a walk.

Try starting with...

"HOW'S THINGS?"
"WHAT'S BEEN HAPPENING LATELY?"

A > ask the question

Mention your concerns...

"I'VE NOTICED RECENTLY...
SO I'M JUST CHECKING IN, ARE YOU OK?"

- "These things can be hard to talk about, thanks for telling me... "
- "Have you talked with anyone else about this?"
- "Anything I can do to help you manage the load?"

R > refer for support

MAKE A PLAN TOGETHER

- Ask them, "How can I best support you right now?"
- Consider the supports they may need: their GP, EAP counselling, whānau, friends or other community supports.
- Offer to help them make appointments or to go with them.
- The Building Wellness coordinator can also offer support or connect them to local services.
- Follow up with your mate in a few days to see how they're doing.

T > trust matters

- Building trust is really important.
- Share your own feelings and experiences if you're comfortable, to let them know it's okay for them to do the same.
- Respect their privacy and make sure they feel safe to talk without worrying about being judged.

Remember:

Being a buddy isn't just about having courageous conversations.

Do things you enjoy together!

Build strong connections for a caring culture that supports wellbeing.

Dial 111 if you or someone else is at immediate risk of harm

STAY WITH THE PERSON UNTIL SUPPORT ARRIVES -
GO WITH THEM TO THE HOSPITAL EMERGENCY DEPARTMENT

FREE PHONE **0508 292 467** FOR THE LOCAL MENTAL HEALTH CRISIS TEAM

FREE PHONE **1737** (OR TEXT) 24/7 TO SPEAK WITH A TRAINED COUNSELLOR

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BUILDING WELLNESS TARANAKI
027 454 5887
HELP@BUILDINGWELLNESS.CO.NZ
WWW.BUILDINGWELLNESS.CO.NZ