

SEEKING HELP

Who to talk to when you're not ok

OBSERVATION

Look at the potential pros and cons listed for each option. Circle the ones that feel relevant to you and add some of your own.

	PROS	CONS	WHO (Name some people in each category you could talk to)
Friend or Family Member	<p>They know the intimate details of our personal lives and they're positioned to understand.</p> <p>They may have noticed changes in us and are concerned and ready to help when we're ready to ask for it.</p> <p>We may know someone who has opened up to us previously, or has invited us to share in the past, so we can feel confident that they're open to having a potentially vulnerable conversation.</p> <p>Perhaps we know they have been through something similar and that would make them more likely to respond to our situation with empathy and compassion.</p>	<p>Family may not be a safe, nurturing environment for you to open up.</p> <p>A friend/family member may be the source of your discomfort.</p> <p>Add your own here...</p>	

SEEKING HELP

Who to talk to when you're not ok

	PROS	CONS	WHO (Name some people in each category you could talk to)
Friend or Family Member	Add your own here...		

SEEKING HELP

Who to talk to when you're not ok

	PROS	CONS	WHO (Name some people in each category you could talk to)
Work colleague, management or HR	<p>It can give them empowering context and increase their ability to support us in our role.</p> <p>They may have the capability to affect change that will improve our situation.</p> <p>They may have specialised HR staff or accredited mental health peer supporters, who will be accustomed to and open to having supportive conversations.</p> <p>Add your own here...</p>	<p>It can feel inappropriate to share our personal issues with someone in the workplace.</p> <p>We may be afraid of our colleagues or managers perceiving us as incapable.</p> <p>Add your own here...</p>	

SEEKING HELP

Who to talk to when you're not ok

	PROS	CONS	WHO (Name some people in each category you could talk to)
A mental health professional	<p>Therapy provides a safe, non-judgmental place to talk about your experiences, navigate your emotions, explore your options and develop the skills to handle various life challenges.</p> <p>We can select an expert to deal with our particular concern.</p> <p>Add your own here...</p>	<p>Access may be made difficult due to our location or financial situation.</p> <p>Add your own here...</p>	

SEEKING HELP

Who to talk to when you're not ok

	PROS	CONS	WHO (Name some people in each category you could talk to)
A support number, group, online forum	<p>We can remain anonymous.</p> <p>We can contact a specialist in the field with which we are struggling.</p> <p>We can join with like-minded people.</p> <p>There are very few barriers to access as the services are often free and available 24/7</p> <p>Add your own here...</p>	Add your own here...	