

TIPS FOR CHECKING IN

When to ask:

Anytime you have concerns about what people are:

Saying: *do they seemed confused, anxious, lacking confidence, unable to switch off, concerned about the future?*

Doing: *Are you seeing mood swings, withdrawn, lacking energy, less concern for physical appearance, unable to concentrate?*

Experiencing: *Do you know if they are experiencing relationship issues, health issues, increased work pressures, financial difficulty, grief or loss?*

SUPPORT CONTACTS

Western Health Wellbeing Team

wellbeingsupport@wh.org.au

Caraniche at Work

work@caraniche.com.au

1800 099 444

See for more:

<https://westerly.wh.org.au/wellbeing/practical-information/get-help-now/wellbeing-support/>

How can you talk about it?

Be ready & prepare ahead

Try to approach during a quiet moment when they are alone, and when you know you and they don't have to rush off.

Bring an open mindset

Say what you see and share why you are concerned. Give them space to say no or to think about your offer. Go in with no judgement.

Encourage and support

Make a plan together. "How can I help right now?" Good options might include talking to their GP, family, or Employee Assistance Program.

Check in

Follow up as often as needed. Ask them how you can best support them ongoing.

Helpful behaviours

- Try to understand their situation
- Encourage support seeking
- Help them to find further information/support services
- Listen without judgement
- Reassure and let them know that they are supported

Unhelpful behaviours

- Pushing an individual to talk more when they don't want to
- Saying "cheer up; snap out of it; what's wrong with you; it's all in your head"
- Trying to fix their problems
- Ignoring or avoiding the problem