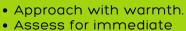
# NENTAL HEALTH FIRST AID

# 5-STEP GUIDE

#### **GREET & ASSESS**



safety risks.

• If unsafe, prioritise safety and seek professional help.





### UNDERSTAND AND LISTEN

- Offer a safe space to share.
- Listen without judgement.
- Use open-ended questions to encourage openness.



- Share information about mental health resources.
- Guide them through simple breathing exercises.



## DIRECT AND CONNECT

Help them access support:

 Connect with a support line, mental health professional or online resources.

Beyond Blue Call 1300 22 4636 Chat online beyondblue.org.au Lifeline
Call 13 11 14
Chat online at
lifeline.org.au



#### ENCOURAGE AND DEBRIEF

- Praise their courage.
- Discuss current feelings and coping strategies.
- Encourage self-care and plan for ongoing support.



