

Where can I go for extra support?

Sometimes we all need some extra support. It's OK to ask for help. Knowing when and how to ask for this help can be hard.

what should I look out for?

Some of the things that might mean it's important to reach out for help now are:

- you're not doing the things you enjoy anymore
- you're hiding away a lot more
- you've started to use alcohol and other drugs more
- you're having a hard time controlling anger
- you might be feeling lost or sad.

what can I do?

Have a look at the Take a Step website for some tips and tricks for a stronger you that might be helpful. You might take a look at the Stronger You wheel activity.

who can I ask for extra support?

Having a yarn to someone you trust can be helpful. This might include:

- a teacher
- a health worker
- an adult you trust.

You might ask a friend to help you to reach out to these people.

There are a lot of people out there who are trained in helping people go through life's twists and turns and if you know of a solid counsellor or service, you might get in touch with them to help support you.

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need extra support?

Sometimes we might need extra support. Different parts of our strong self can find support in different ways. Do you need some extra support for:

your strong body?

- Reach out to a local Aboriginal or Torres Strait Islander health service.
- Contact your local GP.
- Contact headspace to speak with someone.

your strong culture?

- Reach out to a respected Elder or youth leader in your town.
- You might visit a local cultural centre.
- Explore your culture on the internet.

your strong identity?

- Reach out to a trusted adult.
- Yarn with an Elder.
- Speak with your teacher, school counsellor, mentor or sports coach.

your strong mind?

- Contact your school counsellor.
- If your workplace has an employee assistance program (EAP) give them a try.
- Your local health service might have counsellors available.
- For immediate crisis support you can contact Lifeline on 13 11 44. If you don't have access to a phone, you might ask your school counsellor or family and friends to use their phone.
- Contact headspace to speak with someone.

your strong purpose?

- Set goals.
- Yarn with Elders, mentors, teachers, school counsellors, or your work's employee assistance program (EAP).
- headspace or eheadspace are available to speak to and give good advice.

your strong place?

- Take a moment to think about where you are and where you've come from.
- Learn from family about where your mob are from and where they have felt connected.
- Contact Link-Up to help discover your mob's places.
- Have a yarn with an Elder, counsellor, and/or spiritual healer.

your strong relationships?

- Yarn with someone you trust like family or friends.
- You might try having a yarn with a counsellor at your local Aboriginal or Torres Strait Islander health service, school counsellor or chaplain, or employee assistance program (EAP).
- You might want to speak with headspace.

your strong spirit?

- Yarn with your local Elders.
- Connect with a leader in your faith system.
- Find ways to connect to nature.
- Try visualisation or relaxation techniques.
- You can always contact headspace to help figure out what works best for your strong spirit.

Want to learn more? Visit headspace.org.au/takeastep

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