

batyr's 5 TIPS



1. Look Out

As a mate, you're well placed to notice when a friend is acting a bit differently to the way they normally do. Maybe you've noticed that they're more tired than usual or not as keen to hang out, or maybe they seem to be sleeping far less than normal and engaging in more risky behaviour. We all have off days from time to time but if you've noticed changes in a mate that have stuck around for two weeks or more, it's a good idea to check in on them.

2. Get Talking

Asking someone if they're okay can feel a little daunting, but it's one of the best things you can do for a mate. Start off by thinking about what changes you've noticed in them. We can't see feelings or thoughts, so try and avoid telling someone they've been angry or upset and instead try just saying they're acting differently to what you're used to. Steer clear of yes/no questions if possible and ask something that gives them a chance to open up and you a chance to understand. Put those things together and you'll end up with something like this:

"I've noticed you haven't been coming to training after school, what's been going on?"

3. Listen Up

If your mate chooses to open up, your job is not to 'solve' or 'fix'. Your job is to understand and support as your mate may have never told anyone what they're going through. An awesome thing that can come from talking to you is them feeling as if they have been heard and understood by someone else on the planet. So just listen to them without judgment, don't fix or solve, ask them open-ended questions and do your best to try to understand where they're coming from and let them know you're there to support them.

4. Reach Out

Sometimes, after a rough day, all we want is to vent to our friends and family. While venting is great, sometimes it isn't enough. Sometimes we might need to chat to a professional to help us work out how to move through our situation.



5. Take Charge

Taking charge means doing the things we need to do each day to proactively look after our mental health. This can look different for everyone - from a chakra meditation or a walk in the park, to cooking, dancing or rocking out on a drum kit. Finding what works for you is one of the best things you can do for your own mental health.

