

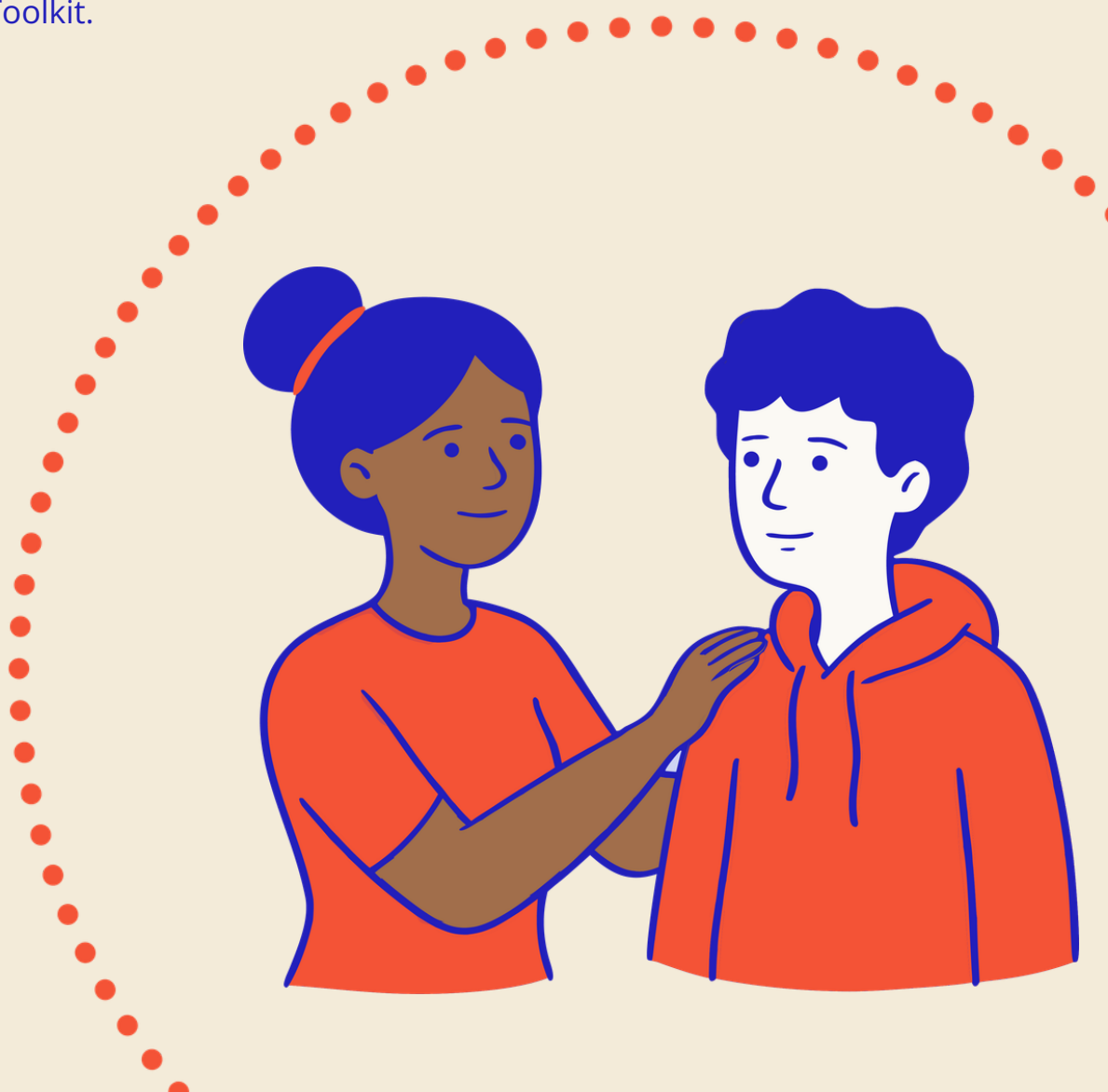
Supporting Young Men

Practical ways trusted adults and mates can make a difference

Young men can experience times when they feel overwhelmed, isolated or unsure how to talk about what they're going through.

Whether you're a parent, family member, mate, coach, teacher, colleague or someone they trust, showing you care, listening without judgement and supporting them to connect with help when they need it can make a meaningful difference.

This guide shares practical ways to support a young man in your life and links to free resources in the Lifeline Support Toolkit.



START WITH CONNECTION

Starting a conversation can help someone feel heard, understood and less alone.

Sometimes simply listening, staying present and showing you care can make more difference than finding the perfect words.

Learn more in the Support Toolkit

- How to talk to someone you're worried about
- Active listening
- Finding support

Some ways to support someone include:



Listen without judgement.



Be curious rather than trying to solve the problem.



Acknowledge what they're saying and how they may be feeling.



Let them know they don't have to face things alone.



Encourage them to identify their own strengths, supports and next steps.

SUPPORT EVERYDAY WELLBEING

Looking after our mental health isn't only important during difficult times. Everyday habits can support wellbeing and help build resilience.

Learn more in the Support Toolkit

- Self-care for mental health and wellbeing
- Getting active for your wellbeing
- Introduction to meditation

Everyday habits that can support wellbeing include:



Spending time outdoors.



Being physically active.



Staying connected with friends and family.



Taking breaks from technology.



Prioritising sleep.



Eating well.

LOOK AFTER YOURSELF TOO

Supporting someone else can be emotionally demanding. Looking after your own wellbeing can help you continue supporting others while recognising your own needs.

Some ways to care for yourself include:

- Stay connected with your own support network.
- Make time for activities you enjoy.
- Take breaks when you need them.
- Reach out for support if you're feeling overwhelmed.

Learn more in the Support Toolkit

- Supporting someone with a mental health condition
- Self-care for mental health and wellbeing



WHEN EXTRA SUPPORT IS NEEDED

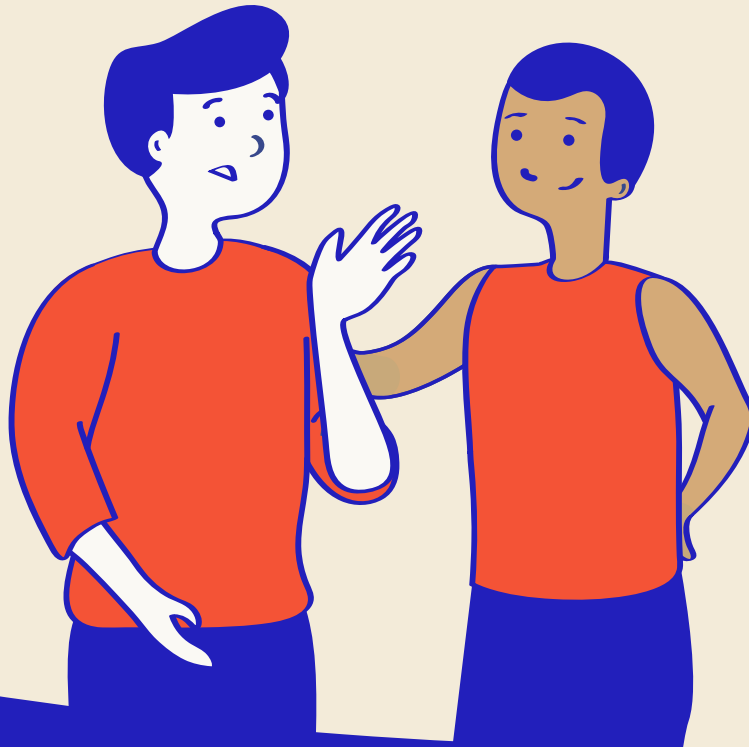
If you're concerned about someone's wellbeing, encourage them to seek additional support.

This might include:

- Talking to someone they trust.
- Visiting their GP.
- Speaking with a mental health professional.
- Exploring support services available in their community.

If you're concerned someone may be at immediate risk of suicide:

- Stay with them if it is safe to do so.
- **Call Triple Zero (000) if life is in immediate danger.**
- Contact Lifeline on **13 11 14** for immediate support.



WHERE TO FIND SUPPORT

If you or someone you care about needs support, Lifeline is available 24 hours a day, 7 days a week.

Lifeline

 **13 11 14**  **0477 13 11 14**  **lifeline.org.au/chat**

Lifeline Support Toolkit

Explore free articles, practical guides and self-help resources to support your own wellbeing and help you support others.

Scan the QR code
to explore the
Support Toolkit.



Lifeline Service Finder

Find free and low-cost health and community services across Australia.

Scan the QR code
to access the
Service Finder.

