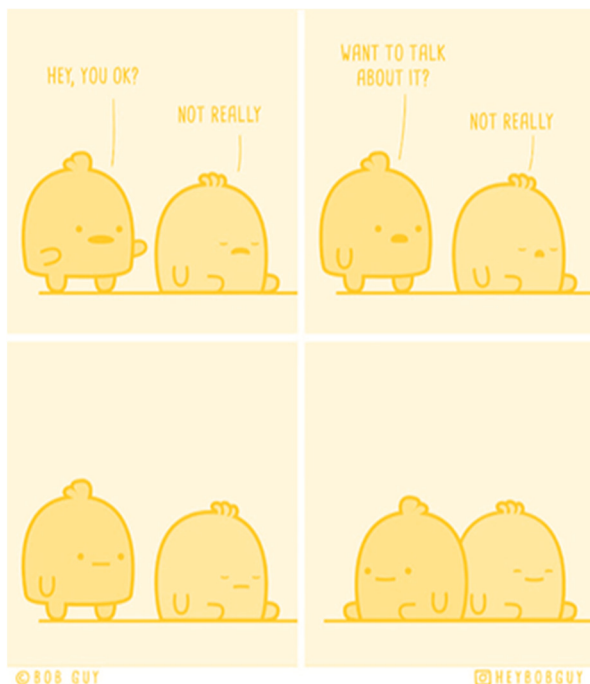


What can you do when someone responds that they are really not ok?

- You can respond by stating “I’m sorry to hear that” and “would you like to talk about that?”
- Sometimes it will be enough to just listen and sit with this friend.
- Remember that the responsibility for finding solutions does not lie with you, often the best solutions can be identified by the person themselves, so you can ask “what do you think would help?”
- You can support that friend to seek help from a trusted adult, teacher or parent.
- You can offer to accompany that friend to attend the Wellbeing Office at school to seek support. During lockdown you can email: wellbeing@craigieburnsc.vic.edu.au



You can offer to support that friend to call or text or message one of the following support services:

- E-headspace <http://headspace.org.au/ehespace/>
- Youth Beyond Blue Ph: 1300 224 636
- Butterfly Foundation (Eating Disorders) Ph: 1800 334 673
- Eating Disorders Vic Helpline Ph: 1300 550 236
- QLife Online Chat (LGBTQIA+) www.qlife.org.au
- Kids Helpline Ph: 1800 55 1800
- Lifeline Ph: 13 11 14
- Suicide Call Back Service Ph: 1300 659 467
- Suicide Helpline Ph: 1300 651 251
- Suicide Crisis Text Line Ph: 0477 13 11 14
- Gambler's help youthline Ph: 1800 262 376
- Reach Out Peer support Forums – <http://au.reachout.com/forums>