



LOOK OUT FOR EACH OTHER – **MIND YOUR MATES**

1. WHAT'S CHANGED

You notice someone's not been themselves recently?

2. CHECK IT OUT

Ask them how they are, and listen to them.

3. MATES TALKS

make a point of asking each other how you are, have wellbeing catch ups.

4. YOUR DON'T HAVE TO BE AN EXPERT

You can start the conversation just take the first step.

5. BE INFORMED

Check out what resources are available in school and online.

6. KNOW HOW TO ACCESS SUPPORT

This is important!



BREAK 
THE SILENCE



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