



**The Big Splash WA
Shout Out**



The Dolphin Pod



The Dolphin Dance



Thanks for taking up The Big Splash WA Challenge!

Did you know that one in five Australians experience a mental health difficulty at some point? Mental health problems know no age or social boundaries yet many of us still feel unable to discuss concerns or approach a friend who may be showing signs of distress. The ripple effects of mental health crises are far-reaching and impact friends, family and colleagues.

By taking part in The Big Splash WA Challenge you give a voice to those who are silenced by misplaced stigma or shame. The time has come to turn whispers into confident conversations and remind anyone experiencing mental health issues that they can speak openly, they are not alone, and real help is available.

Practical advice on how to help a friend

- > Do not blame the person for their illness. Treat them with respect and dignity.
- > Offer consistent emotional support and understanding.
- > Encourage the person to talk to you. Be a good listener.
- > Keep your life as normal as possible. Talk to your friend and involve them in your usual interests, activities and conversations.
- > Try not to become the "risk police" and watch what your friend is saying or doing, or make too many comments.
- > Be patient. Mental health problems can take some time to recover from and it may take a while for your friend to return to their usual self.
- > Tell your friend that you are worried about them and gently encourage them to get professional help. Provide information or encouragement if you can, but don't make it your mission.
- > Try not to say things that make light of your friend's problem, such as, "Just snap out of it and it will all be okay."

**The Big Splash WA
Art Trail in the Perth CBD
20 January – 4 March 2018**

Donations to support kids at high risk can be made at TheBigSplashWA.com.au

- > Remember: sometimes no matter what you say, it won't be right. Don't take it personally.
- > Remember you are not your friend's counsellor, doctor or parent. Your job is to be a good friend and to encourage them to seek appropriate help.

Go to numbers for kids

- > Kidshelpline.com.au 1800 551 800

Go to numbers for teenagers and young adults

- > Urgent mental health line 1800 048 636 or 000
- > Kidshelpline.com.au 1800 551 800
- > YouthFocus.com.au
- > Headspace.org.au
- > Au.reachout.com
- > Smilingmind.com.au
- > Youthbeyondblue.com

Go to numbers for parents

- > Urgent mental health line for your child 1800 048 636 or 000
- > Parenting WA Line 1800 654 432
- > Smilingmind.com.au
- > Kidscount.com.au

Go to numbers for adults

- > Lifeline 13 11 14
- > Beyondblue.org.au 1300 22 4636
- > Consider a workplace Mental Health First Aid Course using StJohnambulance.com.au

TheBigSplashWA.com.au