

## WELLSPRINGS MENTAL HEALTH SUPPORT CARD

Wellsprings  
for women



### ASKING FOR HELP

*I was wondering if you can take care of my children for an hour?*

*I feel overwhelmed. Can I talk to you about the problem I am facing?*

*I don't understand how I'm feeling. It's been going on for days.*

*I need help to remember important tasks, please.*

*How are you feeling?  
What are you thinking?*

*I have too much work.  
I need help.*

### درخواست کمک

من احساس می‌کنم تحمل تمام شده است. آیا من می‌توانم در باره مشکلی که با آن روبرو هستم با شما صحبت کنم؟

می‌خواهم بدانم که آیا شما می‌توانید برای یک ساعت از بچه های من مراقبت کنید؟

لطفاً، من برای به یاد آوردن وظایف مهم به کمک نیاز دارم.

من نمی‌فهمم که چه احساسی دارم. چندین روزهست که ادامه دارد.

من خیلی کار دارم.  
من به کمک نیاز دارم.

شما چه احساسی دارید؟  
شما به چه چیزی فکر می‌کنید؟

### HELPING A FRIEND

*Have you felt like this before?*

*What have you done in the past that was helpful?*

*Do you need help to manage how you are feeling?*

*You can contact me if you need assistance in seeking professional help.*

*I'm listening to what you have to say.*

*It's okay to feel this way. You will feel better with professional help.*

*Do you have a supportive network?*

### کمک کردن به یک دوست

شما قبلاً هم چنین احساسی داشتید؟

شما در گذشته چه کاری کرده اید که مفید بوده است؟

آیا شما برای مدیریت اینکه چه احساسی دارید، به کمک نیاز دارید؟

اگر شما برای کمک تخصصی به کمک نیاز دارید، می‌توانید با من تماس بگیرید.

من به آنچه که شما باید بگویید گوش می‌دهم.

اشکالی ندارد که اینطور احساس می‌کنید. شما با کمک تخصصی، احساس بهتری خواهید داشت.

آیا شما یک شبکه حمایت گر دارید؟



If you or someone else is in immediate danger **call emergency services 000**

### 24/7 services

**Beyond Blue** 1300 22 46 36

**Lifeline** 13 11 14

**PANDA** 1300 726 306

**Suicide Call Back Service** 1300 659 467

**Suiceline (VIC)** 1300 651 251

## SUPPORTING MY MENTAL HEALTH

### Things I usually do for my mental health

- Going for a walk or driving while listening to music
- Performing skin care
- Going shopping
- Talking with a friend
- Doing things that bring relaxation, such as watching my favourite movie or drinking relaxing teas.

### Things that can be done when faced with an urgent psychological problem

- Call someone who is available
- Analyse the feeling we have at that moment
- Call 000 for emergency
- Call to free services to consult and get help.

### Talking with professionals when faced with mental health problems

- Talk to the family doctor or GP
- Talk to a psychologist
- "Talk therapy" with a therapist or counsellor.

## HOW CAN I FEEL SAFE?

### Signs that show me I'm becoming overwhelmed

(e.g. feeling sad, anxious, angry, hopeless, not getting out of bed, eating less or more, tired all the time, withdrawing from friends, struggling to go to work or school)

### I can reach out for support

I will tell

I will call them on

### Somewhere I can go to feel safe

### I will make my surroundings safer by

**I feel connected when I am...** (e.g. I have a supportive network, family, or friends.)

### Ask yourself, what has helped me in the past?

**My ideas for keeping safe** (e.g. my pet rabbit, playing guitar, growing plants, getting enough sleep)

## WORRIED ABOUT SOMEONE?

**How are you feeling?** What are you thinking?

Thank you for sharing. **How can I help?**

I'm concerned about you.

**I am worried about you.** Is there anything I can do to help?

**How would you like me to support you?**

I'm sorry to hear that. Can I help with anything?