

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.*

सहायता के लिए पूछना

मैं जानना चाहता/ती हूँ कि क्या आप एक घंटे के लिए मेरे बच्चों की देखरेख कर सकते/ती हैं?

मैं पूर्णतया पराजित महसूस कर रहा/ही हूँ। जिस समस्या का मैं सामना कर रहा/ही हूँ, क्या मैं उस बारे में आपसे बात कर सकता/ती हूँ?

मुझे समझ नहीं आता कि मैं कैसा महसूस कर रहा/ही हूँ। ऐसा कई दिनों से चल रहा है।

मुझे महत्वपूर्ण कार्यों को याद रखने में सहायता की ज़रूरत है।

*आप कैसा महसूस कर रहे/ही हैं?
आप क्या सोच रहे/ही हैं?*

मेरे पास बहुत ज्यादा काम है। मुझे सहायता की ज़रूरत है।

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?

किसी मित्र की सहायता करना

क्या आपने पहले कभी ऐसा महसूस किया है?

पहले आपने ऐसा क्या किया है जो सहायक रहा है?

आप जैसा महसूस कर रहे/ही हैं, क्या उसे प्रबंधित करने में आपको मदद की ज़रूरत है?

यदि पेशेवर सहायता की खोज करने में आपको सहायता की ज़रूरत है, तो आप मुझसे संपर्क कर सकते/ती हैं।

मैं आपकी बात सुन रहा/ही हूँ।

ऐसा महसूस करना स्वाभाविक है। आप पेशेवर सहायता से बेहतर महसूस करेंगे/गी।

क्या आपका कोई सहयोगी नेटवर्क (संपर्क समूह) है?



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?