

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.*

مجھے مشکلات اپنے بس سے باہر لگ رہی ہیں۔ کیا میں آپ کے ساتھ اپنے مسئلے پر بات کر سکتی ہوں؟

مدد مانگنا

میں سوچ رہی تھی کہ کیا آپ ایک گھنٹے کے لیے میرے بچوں کو سنبھال سکتی ہیں؟

مجھے اہم کام یاد رکھنے کے لیے مدد کی ضرورت ہے، پلیز۔

مجھے سمجھ نہیں آ رہی مجھے کیا ہو رہا ہے۔ کئی دن سے میرا یہی حال ہے۔

میرے پاس بہت زیادہ کام ہے۔
مجھے مدد کی ضرورت ہے۔

آپ کا کیا حال ہے؟
آپ کیا سوچ رہی ہیں؟

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?

دوست کی مدد کرنا

کیا آپ کو پہلے ایسا محسوس ہوا ہے؟

ماضی میں آپ کو کیا کرنے سے فائدہ ہو چکا ہے؟

کیا آپ کو ابھی اپنے احساسات کو سنبھالنے کے لیے مدد کی ضرورت ہے؟

اگر آپ کو پروفیشنل مدد حاصل کرنے کے لیے سہارا چاہیے تو آپ میرے ساتھ رابطہ کر سکتی ہیں۔

آپ کے دل میں جو بھی ہے، میں وہ سننے کے لیے حاضر ہوں۔

اگر انسان ایسا محسوس کرتا ہو تو اس میں کوئی حرج نہیں ہے۔ پروفیشنل

مدد سے آپ بہتر محسوس کریں گی۔

کیا آپ کو سہارا دینے والے کوئی قریبی لوگ ہیں؟



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?