

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.

طلب المساعدة

أشعر بالإرهاق. هل يمكنني التحدث
معك عن المشكلة التي أواجهها؟

كنت أتساءل عما إذا كان بإمكانك
رعاية أطفالي لمدة ساعة؟

أحتاج إلى المساعدة لتذكر المهام
الهامة، من فضلك.

أنا لا أفهم كيف أشعر.
هذا الشعور مستمر منذ أيام.

لدي كثير من العمل.
أنا بحاجة إلى مساعدة.

كيف تشعر؟
بماذا تفكر؟

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?

مساعدة صديق

هل شعرت بهذا من قبل؟

ما الذي فعلته في الماضي وكان مفيداً؟

هل تحتاج إلى مساعدة للتعامل مع ما تشعر به؟

يمكنك الاتصال بي إذا كنت بحاجة إلى مساعدة في طلب المساعدة
الاحترافية.

أنا أستمع لما تريد أن تقوله.

لا بأس أن تشعر بهذه الطريقة. سوف تشعر بتحسن مع المساعدة
الاحترافية.

هل لديك شبكة علاقات داعمة؟



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?