

IF YOU ARE WORRIED ABOUT SOMEONE:



ENGLISH



Ask are you ok?



“I’ve noticed you’re acting differently, want to talk about it?”



Listen with an open mind



“I’m here to listen if you want to talk more?”



Encourage action



“Have you spoken to a Dr or health professional?”



Follow up



“Have things improved or changed since we last spoke?” and “Do you need more support?”

24 HOUR PROFESSIONAL CRISIS LINES



ENGLISH

Lifeline.....	13 11 14
Suicide Call Back.....	1300 659 467
Kids Helpline	1800 551 800



City of
LAUNCESTON

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