

outback futures TOP TIPS

LOOK OUT | CHECK IN | SPEAK UP

1

LOOK OUT for others. Notice how your friends, family, workmates, and others around you are doing.

2

CHECK IN with yourself regularly – ask yourself in the shower 'how am I feeling today' or on your way home from work on a Friday afternoon 'how have I felt this week?' There are things we can do - like eating well, exercising, getting enough sleep and spending time with friends and loved ones - which can help improve our sense of wellbeing.

3

SPEAK UP with someone we trust when we're struggling or need extra support. Identify a network of people - parents, family, friends, teachers, or sports coaches - you can talk to about the things you're feeling.

Are you confident when it comes to caring for your own mental health and wellbeing and the needs of those around you? Here are three simple things you can do. It doesn't always mean it will be easy to do, but we encourage you to give it a go. It can make a difference!

Find out more info by using this QR Code to watch this video.



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