

**This presentation discusses suicide, which may be distressing.
Please prioritise your well-being and take breaks if needed.**

If you or someone you know is struggling with thoughts of suicide, please reach out for help.

**In an emergency contact 111.
Go to your nearest hospital emergency department
or phone your local Mental Health Crisis Team**
(see <https://info.health.nz/mental-health/mental-health-services/crisis-assessment-teams>)

In a non-emergency, contact the
MATES NZ Supportline at 0800 111 315
for confidential, free support and assistance.

Or call one of the following free, confidential services available 24/7:







Lifeline Aotearoa 0800 543 354 or text 4357

Suicide Crisis Helpline – Tautoko 0508 828 865






1737 Need to Talk? (Text or call) – 1737



WHAT TO **SAY TO A MATE** DOING IT TOUGH.

-  Hey man, I can see you're going through a tough time. Want to talk about it?
-  I noticed things have been rough lately. Is there anything I can do to help?
-  You seem a bit off today. Everything alright?
-  Be good to chat to a Connector, okay if I get em?
-  I can tell you're dealing with a lot. Let's grab a coffee and chat if you want.
-  We could call the MATES helpline, I'm happy to sit with you.

WHAT TO SAY WHEN **YOU'RE DOING IT TOUGH.**

-  I'm struggling mate, not sure what to do.
-  Hey man, I've been having a tough time lately and could really use someone to talk to.
-  I'm going through a rough patch right now and I could really use a mate.
-  Things haven't been easy for me lately. Can we chat sometime?
-  There's a lot going on, I could use some help.