

CHATS

save lives

If someone is showing signs of distress or acting differently from their usual self, it's important to:

- ▶ **Connect with them.** Ask how they're doing and how you can help.
- ▶ **Hear and see them.** Listen. Validate their feelings.
- ▶ **Act on ways you can help** right now. Sit with them.
- ▶ **Take talk of suicide seriously.** Believe them. Keep checking in.
- ▶ **Share and escalate concerns** with your team and support services.

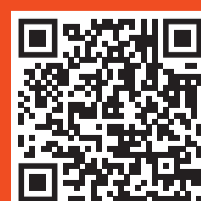


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Help rangatahi to flourish

- ▶ Build connections
- ▶ Hear and see them
- ▶ Ask what's going on and how you can help
- ▶ Listen. Be respectful. Validate their feelings
- ▶ Believe them. Don't judge
- ▶ Share and escalate concerns.



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We're all in this together

Supporting someone in distress can be tough.
Look after yourself. Remember:

- ▶ You don't need to do it all on your own
- ▶ Share the load with others
- ▶ Practise self-care
- ▶ Connect with your support networks and environment.

If you need extra support talk to a GP
or counsellor or call a free helpline (e.g. 1737)



Start the **CHATS** with rangatahi

Try an easy conversation starter, like:

- ▶ "You don't seem like yourself, you OK?"
- ▶ "Hey, what's happened?"
- ▶ "We winning?"
- ▶ "Hey, how're you doing?"

Listen, connect, make a difference.

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Connect with them

Hear and see them

Act on ways you can help right now

Take talk about suicide seriously

Share and escalate concerns with your team
and support services.

