

# Four of Your Mates live for the Weekend, the Fifth lives with a mental illness.



The Bureau of  
Thought-Provoking Statistics

A pretty official public service announcement.

## If you think you know someone that might be experiencing mental illness, there are things you can do to support them.

### 1. Determine whether the person is experiencing mental health issues

Pay attention to the person's behaviour and refer to guidance information about common symptoms and behaviours. The more you understand, the more you can help.

### 2. Take time out to talk about it

Remember that this can be difficult for the person so try to find a way to approach the topic calmly and without putting pressure on them. They may need time or for you to introduce the topic a number of times.

### 3. Encourage the person to consult a GP

A doctor can provide information and help determine if the person is experiencing a mental illness. They can also help the person identify possible treatments and support them on the path towards recovery.

### 4. Continue providing support

Help the person stay motivated and encourage them to make good lifestyle decisions such as doing exercise and eating well. Make sure they know you're there to talk when they need you.

Check the website for info on mental health.

[prettyofficial.com.au](http://prettyofficial.com.au)