



## Supporting someone who is doing it tough

### Facts about supporting mental health in the mining industry

- People in the mining industry who know or support someone who is experiencing a mental health problem are important. These support people are key allies who can help to minimise the impact of psychological distress, at home and in the workplace.
- Those in support roles are in an ideal position to identify the early stages of mental health problems, to provide immediate practical help, and to support people to take further action.
- Those who support others, however, are often provided with little support in their own role and can be vulnerable to mental health problems themselves.
- Getting information and support to the family members and friends of mineworkers provides a real opportunity to improve the quality of life of mining families and benefit the workplace.
- In the same way, mine workers may be supporting family members or colleagues doing it tough and they need information and support.

### Taking action

If you suspect your partner, parent, child, friend or work-mate is experiencing problems with their mental health, there are many things you can do to help get them on the right track. Some practical tips include:

- Let the person know if you've noticed a change in their behaviour.
- Spend time talking with the person about their experiences and let them know that you're there to listen without being judgmental.
- Suggest the person see a doctor or health professional and/or help them to make an appointment.
- Offer to go with the person to the doctor or health professional.
- Help the person to find information about mental health from a website or library.
- Encourage the person to try to get enough sleep, exercise and eat healthy food.
- Discourage the person from using alcohol or other drugs to feel better.

Joining an information and support group such as **Partners in Mining** can help you to:

- Learn practical tips on how to support someone experiencing problems with their mental health.
- Find out where and how to access support services for the person you are supporting.
- Learn about ways to look after yourself too.

Find out more at: [www.partnersindepression.com.au/mining](http://www.partnersindepression.com.au/mining)

### Other resources

[Have the Conversation](#) – a *beyondblue* resource for starting a conversation with someone you're worried about.

[The \*beyondblue\* Guide for Carers](#) – A guide for supporting and caring for a person with anxiety or depression.

[Worried about someone?](#) – Man therapy is designed to get blokes to take practical action to take charge of depression and/or anxiety, and to combat suicidal thoughts.

[Helping someone who has a mood disorder](#) – A fact sheet by The Black Dog Institute.

[Mind Health Connect: Carers](#) – Information and tips for carers of people living with a mental illness.

[Family Drug Support website](#) – Aims to assist families throughout Australia to deal with alcohol and drug issues in a way that strengthens relationships and achieves positive outcomes.