

Staying well whilst supporting others: 'For me' support

Having conversations about people's mental health and suicide prevention can be difficult. 'For me' offers helpful tips to support you after those challenging discussions.

F

Find your breath

Pause. Notice your breathing. Try to return to your normal breathing pattern. This can help calm and regulate your nervous system.



O

Observe

Observe your body and your senses. Try a gentle movement, stretch, or take a walk. Notice what you can see and hear. Reconnecting with your body helps you bring yourself back to the present moment.



R

Reflect

Use journaling to make sense of the thoughts in your mind. Write down thoughts or actions on a notebook, if you're an MHFAider® you could use the MHFAider Support App®. This will help make sense of the conversation you've had. Remember to maintain confidentiality, and avoid using identifiable factors such as someone's full name.



M

Make a connection

If you need to, reach out. Talk to someone who brings comfort. A friend, loved one, or a colleague. Talk to your support network at work. If you feel comfortable, reach out to your manager.



E

Ease

Ease yourself back into work. If possible, engage in a calming activity, get into nature, or listen to your favourite music. You may need to reschedule part of your day. Give yourself permission to decompress and recompose.

