



R U OK? Seeking Assistance

We all experience tough times, but we can't always solve our problems on our own. Almost one in five Australian adults will experience a mental health condition such as depression or anxiety in any 12-month period, and hundreds of thousands suffer in silence.

Going through a difficult situation alone can be stressful, confusing and exhausting. During these times, seeking assistance from family, friends, EAP and/or others can really help.

Asking for help can be difficult, particularly when we're stressed or confused. Sometimes we don't even realise that we need it. Getting support during difficult times can help you to find strategies to get through the situation, and is often easier than you thought.

Seeking help can have many benefits such as:

- Feeling less stressed and relieved through sharing your feelings
- Finding solutions and ways to cope
- Gaining perspective
- Reducing your sense of isolation and loneliness
- Building stronger relationships with family and friends
- Preventing problems from getting worse or leading to more serious issues
- Assisting others when they need it.

Who can you ask for help?

Family and friends – family and friends know you and often understand your situation. They can provide emotional and practical support, advice and referrals to other sources of help.

Your doctor – your GP can help with physical health problems, as well as mental health and stress. They can also refer you to other health professionals, support groups and useful resources.

Telephone helplines – like Lifeline or Mensline provide immediate support and counselling. They can also refer you to other forms of assistance. Your EAP can also provide you with immediate telephone counselling if needed.

Your EAP, experts or professionals – there are professionals who can help with almost any problem. Your EAP provides you with access to qualified psychologists, social workers, and counsellors who will work with you free of charge and support you through the tough times.

It takes courage to admit you're not ok and find ways to improve your wellbeing - but when you do, the results can be life changing. Call Converge International on 1300 687 327 and take the first step to a happier and healthier you.

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