

# PULL YOUR SOCKS UP



Thank you for telling me

What can I do to help?

I'm here for you

## If only it were that simple.

Mental illness is complex and recovery doesn't happen overnight.

Telling someone to just 'pull your socks up' usually does more harm than good.

**The words we use have an impact, so choose them wisely.**

## It's okay to ask for help.

If you or a loved one are having a hard time, it's important to reach out.

Your GP is a great place to start.

In a crisis, call Lifeline on 13 11 14.

For further guidance, call Jewish Care on (03) 8517 5999.

 **JewishCare**  
Enriching Lives

It's going to be okay

Let's work out a plan together

Have you spoken to anyone about how you're feeling?

It's not your fault

You're not alone

I'm sorry this is happening to you