

# WORRIED ABOUT A WORKMATE?



Many of us get to know our workmates pretty well, and when something's not right we can usually tell. We might want to ask "are you okay?" but these three little words can be scary if you're not sure what to do if the answer is "no".

If you've noticed warning signs it's important to start a conversation to remind them they are not alone and there are supports available to help. Below we've adapted Beyond Blue's "do's and don'ts" to help you take the first step:

## DO

- Find a **quiet private place to talk**, or go for a walk or help your colleague with a task.
- Start by **chatting about something neutral**.
- Ask if they are "okay?" and be ready to share an example of something you've noticed that worries you: **"You haven't seemed yourself lately and I'm worried about you."**
- Be **honest, listen and allow pauses** for them to reply.
- **Ask how** you can help them.
- Encourage your mate to **seek help** – ideally through a local GP.
- Have the number on hand of a **support service** like



- If there is **immediate danger please call 000** or visit your nearest hospital emergency department.

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## DON'T

- **Avoid the person.**
- **Try to fix their problems** for them.
- **Make jokes** about their mood or what is worrying them.
- **Push them to talk** about it, instead help them connect with a professional.
- **Compare them to yourself** or someone else you know.
- **Say things like:**
  - Toughen up.
  - We're all in the same boat.
  - Get over it, you'll be fine.
  - You're worrying about nothing.
- Be **dismissive of their problems** for changes or blame them for changes in their behaviour.

Keep these tips handy to remind you it's always okay to ask someone if they are okay. While it's not an easy conversation to have, it might be one of the most important ones you ever have.

For heaps of tips and tools follow us at [@StayAfloatAustralia](#) on Facebook and visit [www.stayafloat.com.au](http://www.stayafloat.com.au) for more resources.

**The Australian seafood industry can be a rapidly changing and really tough place to work - so let's help each other Stay Well and Stay Afloat.**