

A photograph of a man with a beard and short hair, wearing a light-colored t-shirt, looking out from behind metal prison bars. He has a slight smile and is resting his chin on his hands. The background is dark and textured, suggesting a prison cell.

**HOW TO  
HELP A  
MATE  
DOING IT  
TOUGH.**

**YOU COULD SAVE A MAN'S LIFE.**

# SIGNS A MATE IS DOING IT TOUGH.



## SOMETHING'S HAPPENED

- Relationship issues
- Money struggles
- Increased stress
- Work troubles

## SOMETHING'S CHANGED

- Drinking more
- Not enjoying life
- Withdrawn / isolated
- Risky behaviours

## SOMETHING'S NOT RIGHT

- Lack of self care
- Change in mood
- Feeling hopeless
- Not coping with stuff

If something's happened, something's changed or something's not right....

**YOUR MATE MIGHT NEED YOUR HELP.**

# SO, YOU WANT TO HELP A MATE?

If a mate was struggling to lift a few boxes, you would probably want to give him a hand.

It's the same when a mate is struggling with life, we want to help him, but we don't always know how. Helping a mate who's doing it tough can be easy if you follow our ABC guide:



Talking to a mate who's doing it tough can give him a lift and help lighten his load. You could even save a man's life.

- **Pick a good time and place and give him space to talk freely.**
- **Make sure you are in a good head space and ready to listen.**
- **Some men find it easier to talk shoulder-to-shoulder (e.g. walking).**
- **Practice what you'll say using our ABC guide.**



# ASK + LISTEN.

The key to helping a mate doing it tough is to ask good questions and listen like a pro. Many men are better at talking about things rather than feelings. So, ask what's going on and give him space to talk. Just letting him get it off his chest can make a difference.

## WHAT TO SAY?

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*"Sounds like you're doing it tough. What's going on?"*

*"Looks like you're struggling mate?"*

*"Tell me what's getting you down."*

*"I'm listening... keep going... tell me more."*

### TOP TIPS #1



There's a reason you want him to talk to you. Name it.

Ask open questions that give you more than "yes" or "no" answers.

Listen like a pro.  
Don't judge, jump in or try to fix him.





# BUILD A PLAN.

Most men doing it tough want to find solutions and fix things. Talking will help him make sense of stuff and get in a better head space. When he's ready, help him think about the actions he can take. Asking good questions can help your mate find better solutions.

## WHAT TO SAY?

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*"What can we do to help you tackle this?"*

*"What can I do to help you get through this?"*

*"What's one thing you can do to get back on track?"*

*"What's worked for you in the past when you've been struggling?"*

### TOP TIPS #2



Listen out for a good time to shift gears from asking "What's up?" to asking "What now?"

It's not your job to give him solutions. He's more likely to act if he comes up with his own answers.

If it helps, share examples of how you and other men have dealt with similar struggles.



# CONNECT TO HELP.

For some men doing it tough, talking to a mate and getting it off their chest is all they need. Other men want to find their own solutions and take action. Sometimes men need a hand to get through stuff when they're doing it tough.

## WHAT TO SAY?

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***"When do you want me to check in and see how you're going?"***

***"I've heard that 'X' does a good job giving men in your situation a hand."***

***"Who else can you talk to, to get help with this?"***

***"Shall we look online and see what help there is for men dealing with this?"***

### TOP TIPS #3



There are lots of ways to get help such as GPs, counsellors, helplines and men's groups.

Ask what he wants a hand with? Stress? Money? Family? Booze?

Try & find services that are set up to help men like him.

Check in soon and find out if he's getting help.

# WHEN TO ASK ABOUT SUICIDE?

Most men doing it tough are not at risk of immediate risk. But it's not uncommon for a mate who is struggling to think about suicide.

**The only way to find out is to ask.**

***"Men doing it tough  
sometimes think of suicide."***

***"Have you been thinking  
of killing yourself?"***

If a mate is thinking of suicide, stay with him, keep him safe and get help.

If you are worried a mate is thinking of suicide and don't know what to do, call a helpline and ask for advice. They will help you to help your mate.







**IF YOUR  
MATE'S LIFE  
IS AT IMMEDIATE  
RISK CALL 000**




Lifeline  
**13 11 14**  
lifeline.org.au

MensLine  
**1300 78 99 78**  
mensline.org.au

Suicide Call Back Service  
**1300 659 467**  
suicidecallbackservice.org.au

If a mate is doing it tough check out:  
**[www.doingittough.org](http://www.doingittough.org)**  
Support services for NSW men

# HELP A MATE DOING IT TOUGH.

- A** Ask + Listen 
- B** Build a Plan 
- C** Connect to Help 

## YOU COULD SAVE A MAN'S LIFE.