


# Life can get on top of any of us.

## Ask not what others can do for us, but what **we can do** for others.

*Here's how you can be a...* 

### Remember: Good Mates always *R.U.S.H.* in to help!

**R** **eassure** focus on the positives of the situation / what they're doing

**U** **nderstand** and listen

**S** **afety** - at all times

**H** **elp** from an adult - for them and **YOU!** This is a Code "Red" issue!

Helping your mates in this way is like giving **First Aid**, but for their mental health.

So, which adults should you get help from, to help you to be a good mate?

Anyone who you trust! Parents, teachers, uncles, aunties, your school counsellor, or any adult you can talk to. If you don't get the right help first time, keep trying!

If all else fails, you can speak to an experienced youth counsellor on **Kids Help Line**. These guys are REALLY good at solving problems and working out who you can turn to for the right sort of help. Best of all IT'S FREE!

Call a counsellor on **1800 55 1800** or see [www.kidshelp.com.au](http://www.kidshelp.com.au)

Other places to get some help for your mate:

General issues for young people >  
**Reachout!** [www.reachout.com.au](http://www.reachout.com.au)

Help with depression >  
**DepressioNet** [www.depressionet.com.au](http://www.depressionet.com.au)  
**YBBlue** [ww.beyondblue.org.au/ybblue](http://www.beyondblue.org.au/ybblue)

Drugs, sex, relationships >  
**Somazone** [www.somazone.com.au](http://www.somazone.com.au)  
**DirectLine** [www.turningpoint.org.au/service\\_information/si\\_directline.html](http://www.turningpoint.org.au/service_information/si_directline.html)