

# CONCERNED ABOUT YOUR FRIEND?



MENTAL HEALTH CHARITY  
**T.A.M.H.I**



You don't have to be a star  
to make a big difference.

*A good teammate looks  
out for their mates.*



## TALK:

Ask the person are they ok,  
tell them what you have  
noticed, that you are there  
and you care.



## LISTEN:

It is important you listen to  
the person and what they  
are saying. Ask open questions,  
communicate back, clarify what  
the key issues are.



## CARE:

Sometimes someone may be going  
through a difficult time and it may be  
just that and nothing more. A simple  
conversation with a friend or loved one  
may make them feel better.



## CONNECT:

If you are concerned suggest the  
person sees their GP or connects with  
a local mental health service. If possible,  
ensure someone who cares for them  
goes to an appointment with them.



TEXT  
**TEAMMATE**

**85258**

here for you 24/7  
Powered by shout

**ChildLine**

**0800 1111**

You can talk about anything.  
Online, on the phone, anytime.

**Lifeline**

**0808 808 8000**

[www.lifelinehelpline.info](http://www.lifelinehelpline.info)



BE A TEAMMATE.



LOOK OUT.



SPEAK UP.



MAKE A DIFFERENCE.



TOGETHER IN GAELIC FOOTBALL.

TOGETHER FOR MENTAL HEALTH.

