

Help Seeking Activities

Scenarios

1

Roshan is interested in contacting someone for support but is unsure where to start. He recognises he needs to talk about all the things that are weighing him down and doesn't want to speak to anyone he knows.

2

Lucy is having a tough time but really doesn't like talking about her problems. She refuses to speak to someone face-to-face or via a phone call, but she's open to the idea of texting a healthcare professional.

3

Your friend Tyler hasn't seemed like themselves lately. They aren't replying to messages or attending social gatherings. When you ask them if they need support, they say they do, but they don't want to involve anyone they know.

Task

Step 1. Select a scenario and identify a suitable service provider to help the young person at risk.

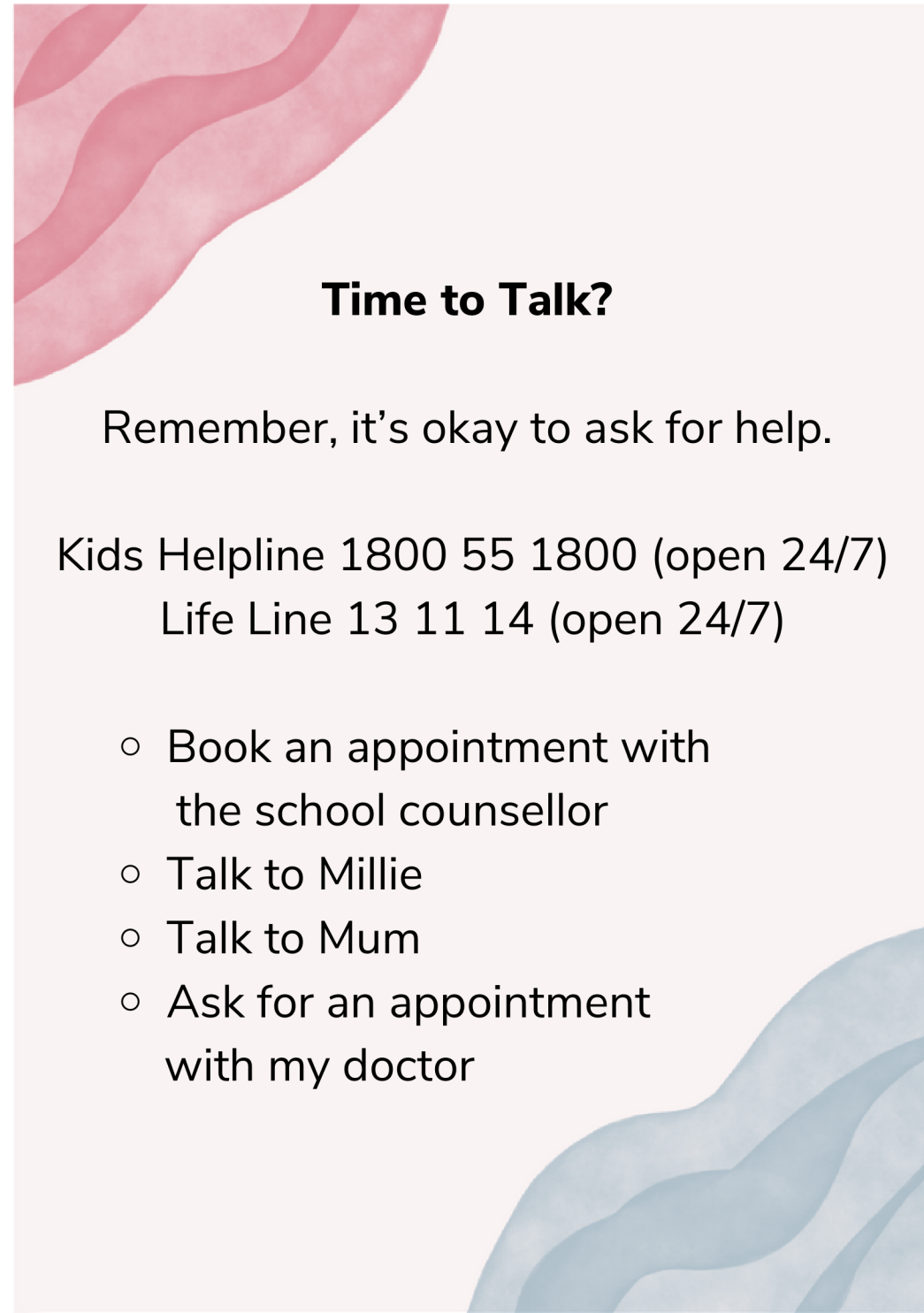
Step 2. Conduct online research to determine the type of support offered by the provider and how it is typically enacted. You may like to find out:

- What method of contact do they offer? E.g. phone, email, virtual call
- What questions do they ask?
- What personal information do they collect?
- How long does it take?
- What are some possible outcomes?

Step 3. Write a short script to demonstrate how you could encourage the young person to seek the support they need.

Step 4. Practise this as a role-play to present to your peers.

Time to Talk example



Time to Talk?

Remember, it's okay to ask for help.

Kids Helpline 1800 55 1800 (open 24/7)
Life Line 13 11 14 (open 24/7)

- Book an appointment with the school counsellor
- Talk to Millie
- Talk to Mum
- Ask for an appointment with my doctor