



Ex-ADF and Families Suicide Prevention
Project - Townsville

#CHECKYOURMATES

WHY CHECK YOUR MATES?



Checking in with your mates, will connect you with what is going on in their life and if they are having a tough time, your simple act of calling or going for coffee can make a difference.



The Defence Community in Townsville (serving, ex-serving and families) makes up about 20% of our community. While most are doing well, some are having a tough time.



We challenge you to Check 5 Mates. Those who are going well, challenge them to check five more mates. Those who may not be travelling well, encourage and support to seek help.

HOW TO CHECK YOUR MATES?



Connect to others

Make the time to meet. *"Let's catch up for a BBQ!"*
"Let's go fishing or for a run"



Yarn to listen

Listen; don't judge. *"What's been happening?"* *"How have you been travelling?"*



Motivate to act

Encourage action and offer support. *"I can take you to get some more help".* *"Let's chat again in a week"*

You can #checkyourmates with a phone call, a catch-up, fishing, a game of golf, morning tea or meal together.

"One call or connection at a tough time can change a life... it saved mine."



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LET'S CATCH UP FOR A...



COFFEE



GAME OF
GOLF



DAY OF
FISHING



BBQ



RUN

CHECK OUT THE
#CHECKYOURMATES CAMPAIGN

Scan to watch videos and learn more



NEED TO TALK?

National 24/7 Crisis Services

Open Arms

1800 011 046

openarms.gov.au

Lifeline

13 11 14

lifeline.org.au

Kids Helpline

1800 55 1800

kidshelpline.com.au



theoasistownsville.org.au

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