

When a conversation is needed

Noticed a buddy on your site doesn't seem like their usual self?

Find a good place and time to talk...

It may feel uncomfortable, but it's important.

Noticed more...

Anger, fear, anxiety, irritability, low mood?



Is your buddy more withdrawn or quiet?

Noticed mood swings that are extreme?



Out of character?

Marked change in personality – changed thinking and/or behaviour?



Less involvement

Less socialising? Your buddy no longer takes part in previously enjoyed activities?



Taking more risks?

Drinking more, taking more risks on or offsite?

Hungover at work or all the time?



Experienced loss

Your buddy may be going through a relationship break-up, lost someone close to them, or lost a job?

Connect with them, particularly if there has been a recent loss or change in life events.



Problems with...

Concentration, distraction, memory?

Your buddy seems distant or avoiding?



Encourage the person to seek support:

- From their GP (don't have one? No worries, please call us)
- Call Building Wellness Taranaki **027 322 0606** (office hours)
- Free phone or text **1737** to talk to a trained counsellor 24/7



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