



ASK FOR HELP

None of us are superhuman.

We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help.

You can also consider getting help if difficult feelings are:

- Stopping you from getting on with life
- Having a big impact on the people you live or work with
- Negatively affecting your mood over several weeks

Some people worry about asking for help because there can be a **stigma** around mental health. Asking for help has been associated with weakness, leading people to worry about how others might see them.

However, asking for help is a sign of strength. It means that you want to make changes or take steps to make a positive change. We should celebrate the courage it takes to speak up and make changes. Getting help is part of recovery. A support team can help you on your way there—no one should ever have to follow their journey entirely on their own. A team of carers and supports can guide you, provide help and assistance, celebrate your victories, and back you up when you need it.

Build Your Support Team

Friends/Family

Your family or friends may be able to offer practical help or a listening ear.

Workplace Supports

Reaching out to a trusted Manager or co-worker can be helpful to ensure that you get help. Some Sysco locations have supports like "Mental Health First Aiders," Mental Health Associate Resource Groups, or Occupational Health Nurses.

Community Supports

Community groups and mental health organizations are a great resource for information, support, and services.

General Practitioner

Over a third of visits to GPs are about mental health. Your GP may suggest ways that you or your family can help you, or they may refer you to a specialist.

Decide on a Provider

Once you find a potential provider it can be helpful to prepare a list of questions to help you decide if they are a good fit for you. Examples of questions you might want to ask a potential provider include:

- What experience do you have treating someone with my issue?
- How do you usually treat someone with my issue?
- How long do you expect treatment to last?
- What (if any) are your fees?

Treatment works best when you have a good relationship with your mental health provider. If you aren't comfortable or are feeling like the treatment is not helping, talk with your provider, or consider finding a different provider or another type of treatment. If you are a child or adolescent, consider speaking with your doctor or another trusted adult. Do not stop current treatment without talking to your doctor.