



Le Va

Fofola e fala kae alea e kainga

*Roll out the mat for kin to dialogue*



# Checking In:

## supporting someone who may be experiencing depression and/or anxiety



/LeVaPasifika

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## Checking In: supporting someone who may be experiencing depression and/or anxiety

For someone experiencing emotions like depression and anxiety, it can be scary, lonely, and deeply distressing. It can sometimes feel like being lost and helpless in the vast moana and staying afloat is a real effort. When we notice signs of depression and/or anxiety in others, it is important to know that there is a way we can support them.

Helping someone in distress can be uncomfortable. When we show we care through compassion and kindness, we build a trusting relationship and allow them to safely share their concerns.

We can feel more confident to talanoa and support someone in distress by learning what to say and how to create a safe space for them to share their feelings. The following guidelines look at how to talanoa and communicate confidently when checking in with someone who might be showing signs of depression and/or anxiety.

### Talanoa to Check In

### Examples



#### Observe

Notice any of the signs and symptoms of depression and anxiety.

*Refer to the signs and symptoms in the depression and anxiety factsheets.*



#### Right time

Choose the right time to connect with them and talk.

*Avoid busy times where you are likely to be interrupted.*



#### Right place

Set up a safe space to talanoa.

*Find a place to talk that is quiet and private.*



#### Ask with courage

- » Notice the change you see.
- » Let them know you are concerned.
- » Give them the space to share if they would like to.



*You seem really unhappy. Would you like to talk? I'm here for you."*

*"I noticed you're not taking part in the things you usually enjoy. I'm worried about you. Would you like to talk about it?"*

## Talanoa with Compassion

Examples for what to say



### Reassure

Let them know they are doing the right thing by talking to someone.

Validate their courage and willingness to share.



*Thanks for sharing that with me, I know it's not always easy to share and it takes a lot of courage. You're doing the right thing by letting me know.*



### Acknowledge

Recognise and acknowledge the challenges they are going through right now.



*It sounds like you're going through a really tough time.*



### Give hope

Give them hope and reassurance that they do not have to do this alone and there is help available.



*I know it's hard now, but you don't have to do this alone. Help is available.*

## Talanoa about Support

### » Seeking support

- » Talk about the different supports that might be available to them.
- » Let them know they can seek professional help.
- » Seek support immediately if someone you know is in immediate danger of serious self-harm, call 111.

Example:

#### Community supports:

- » Family/whānau
- » Local support groups
- » Friends
- » Workmates
- » Community and faith groups.

#### Professional supports:

- » Free call or txt 1737
- » GP
- » Local mental health crisis team
- » Psychologist/counsellor.

NEED TO TALK?

**1737**

free call or text  
any time