



THE UNIVERSITY  
of ADELAIDE

Student Health and Wellbeing

# Mental Health Awareness Month

How to be a Mental Health Ally



# Mental Health Ally

## Simple ways to be a Mental Health Ally

As a Mental Health Ally you can be more supportive for people experiencing difficulties with their mental health.

- **Listen** - If someone is experiencing distress, communication might be difficult. Taking the time to listen and understand makes space for a range of experiences, and doesn't add pressure to the conversation.
- **Get educated** - There is a lot to learn about mental health, and there is a wealth of information online. You can visit the Wellbeing Hub or access free Mental Health First Aid delivered here at the university.
- **Ask** - When having a conversation about mental health with someone, check in about their boundaries. If you notice that they might be feeling triggered, ask how they want to be supported.
- **Validate** - You can validate what another person is experiencing by listening without judgment, understanding, leaving enough time for them to reply and displaying calm body language.
- **Be inclusive** - Groups and communities can show that they support mental health by actively including and prioritising marginalised voices.
- **Speak up** - Boost a person's voice if they are speaking from experience by providing them with space to talk. You can also speak up if the person isn't able to self advocate but wants to have their voice heard.
- **Language matters** - Avoid using stigmatising language. This includes not using words like "crazy" to describe people or situations. You can also call it out if you notice it being used by others.

## For more information



Wellbeing Hub: [adelaide.edu.au/student/wellbeing/](https://adelaide.edu.au/student/wellbeing/)



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