

We're here to help - you can easily find a trusted Christian Counsellor at [abound.org.au](http://abound.org.au).

Keep this card handy to remind you to tune into wellbeing 'warning signs', and **offer a helping hand when it's needed.**




# How can I help?

Churches are often the first to offer support to those who are experiencing tough times. You never know when someone may need a bit of extra care.



## What's the difference between Psychology and Counselling?

### Psychology

-  Psychologists often look after complex mental health illnesses.
-  For when a person is going through a major crisis or has a diagnosable disorder.
-  When there are multiple presentations or comorbidities. For example, substance abuse and severe depression.

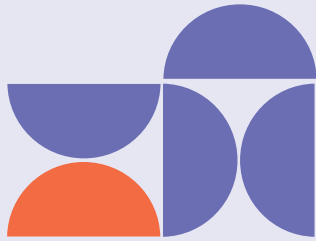
### Counselling

-  Counsellors deal in the space of mental health distress rather than illness (significant life events, loss and grief, parenting struggles, relationship difficulties, domestic violence, porn and sex addiction, depression).
-  Counselling deals in the space of emotional regulation, interpersonal skills, relationships, reducing anxiety and resilience.
-  It involves talk therapy, rather than a clinical diagnosis. It's designed for practical applications such as wellbeing practices and daily life skills that contribute to our overall wellbeing.
-  Counsellors can work collaboratively with other healthcare professionals. They might pick up on red flags, and encourage a client to get an assessment from a psychologist.
-  You don't have to wait until you're at crisis point to reach out to a counsellor. Having a chat earlier on can teach you skills to prevent a crisis and improve resilience.

1

## Know

the signs, and know what support is available.



2

## Assess

the situation without judgement. Observe, listen to, and sit with the person.



3

## Identify

what kind of support might be appropriate. Consider the severity of your friend's distress: how long has it gone on for? Is it impacting multiple facets of their life? Does your friend suffer from a mental illness, which can be diagnosed and treated? Or is the distress circumstantial - impacting them from outside?



5

## Advocate

Helping a friend is a journey. Keep walking alongside them and advocating for their wellbeing on their behalf. This might look like speaking to the counsellor first, helping them make a booking, or even driving them to the appointment. Taking that first step to seek help can sometimes be the hardest.



4

## Support

Offer emotional support as the first step. This can be as simple as offering empathy, validation, and reminding them of the hope of recovery. As you do this, you might like to encourage them to connect with a psychologist, a counsellor, or support within the church community like a trusted leader, or a small group.

