



I Am Here Tribe Member Participant Guide

Self-check



HOW AM I
FEELING?



CAN I KEEP AN EYE
ON MYSELF?



DO I NEED ANY
HELP OR SUPPORT?

**It's ok not to feel ok;
and it's absolutely ok
to ask for help.**

70% of people who are facing a mental health or wellbeing challenge don't ask for help or support.

(World Health Organization)



■ Asks for help and support

■ Does not ask for help and support

I Am Here Tribe Member

You can:

- Share the message that **it's ok not to feel ok; and it's absolutely ok to ask for help.**
- Recognise when someone might not be feeling ok.
- Reach out to that person through **Show you care.**
- Guide people to an I Am Here Ambassador, who can take further steps if needed.



Mental health and wellbeing

The World Health Organisation (WHO) defines mental health as:

"a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community."



The six pillars



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

You can find out more about the six pillars
on the **I Am Here Arena**.

Our pillars impact each other



Injury – **Physical Health**



Reduction in performance – **Work and Career**



Not attending activities with friends and family –
Social Wellbeing



Resulting stress and frustration – **Emotional Wellbeing**



Eventual inability to work – **Financial Wellbeing**



Feelings of failure – **Spiritual Wellbeing**



How do we act as Tribe Members?

Now that we know it's important to look out for each other, let's explore how we can do it.

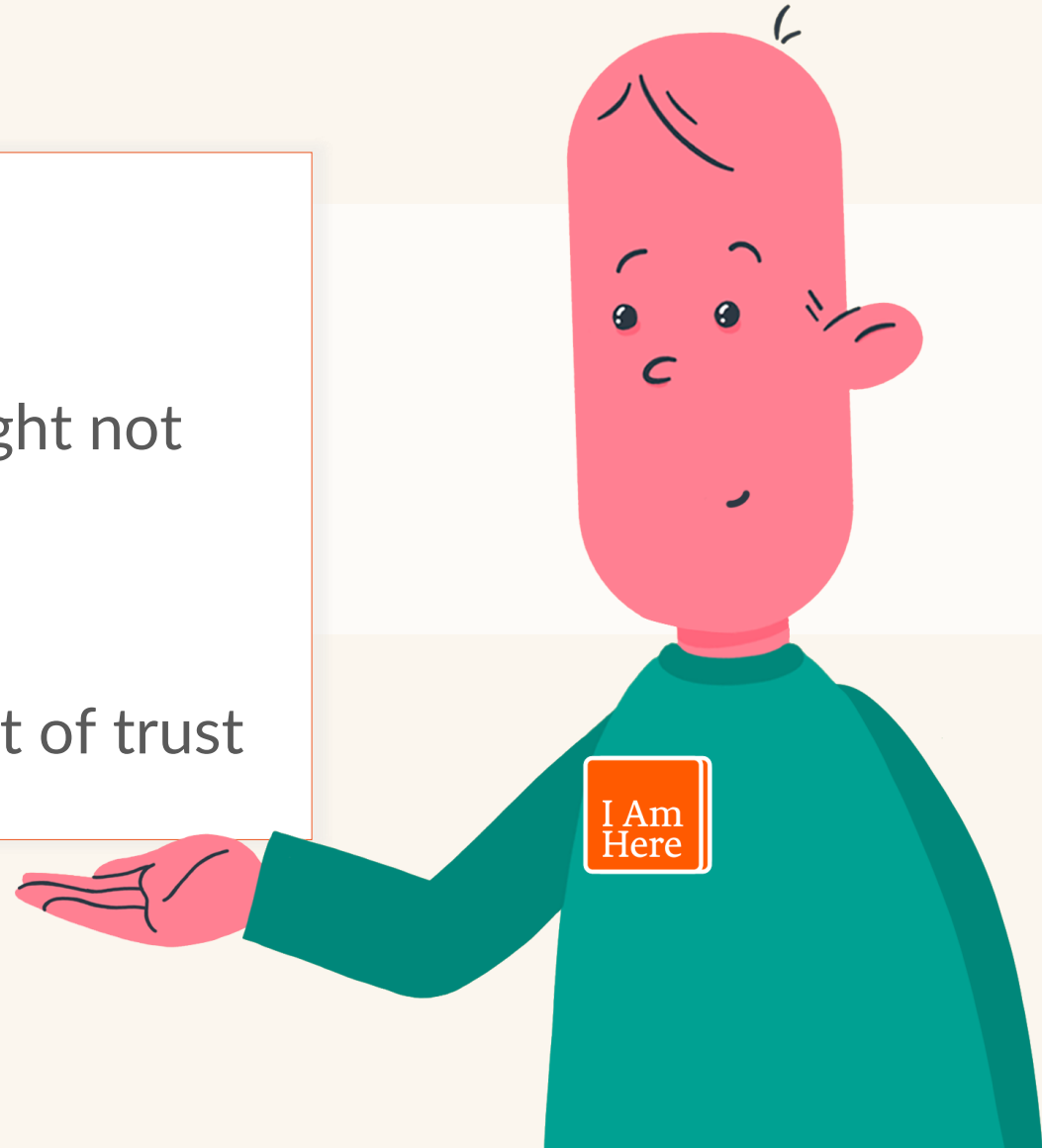


Show you care

Show you care

Four Steps

1. Recognise when someone might not be feeling ok
2. Perform a Self-check
3. Overcome any barriers
4. Reach out and build a contract of trust



**1. Recognising someone might
not be feeling ok**

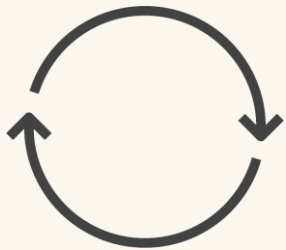
Changes in behaviour



Out of character



Something
doesn't feel right



Sustained



Unusual

Performing a Self-check



HOW AM I
FEELING?



CAN I KEEP AN EYE
ON MYSELF?



DO I NEED ANY
HELP OR SUPPORT?



Internal



External



Environmental

Internal barriers



Do I have what it takes to do this?

This workshop will give you the courage, confidence to safely reach out to people.

Is it weird to reach out?

Reaching out is one of the most human, compassionate, and normal things that we can do.

Will it look like I'm being nosy?

We ask how someone is feeling. We concern ourselves with their emotions, not the details of their situation.

External barriers

What if the other person starts crying?

Crying is a natural response when discussing our thoughts and feelings. It means you are making progress.

What if I don't have access to the person?

Set time aside. Book a meeting in their calendar, invite them to lunch, or create an opportunity to talk with them.

What if someone interrupts us?

Our focus remains on the person that we have reached out to.



Environmental barriers



Do we have enough privacy?

We can never guarantee privacy. We can check if anyone is paying undue attention or listening in. We can change locations.

Is there somewhere to sit?

Would the person we're concerned about prefer to sit down? Could we walk and talk instead?

What is the weather doing?

If it is raining, do we have shelter or an umbrella? If it's sunny, do we have shade?

Invite them to lunch.

Tell them you've noticed a change.

Go over and say hi.

Go for a coffee.

Ask how they're feeling.

Have a walk and talk.

Share your break with them.



Sue hasn't been herself lately. You sit down next to her on her lunch break and ask how she's feeling. She doesn't respond. You ask again and she moves away to another table.

Does this mean that you failed?

Yes

No



John's physical appearance has changed and you are concerned about him. You reach out to John to Show you care. John says he's fine and doesn't engage.

What do you do?

**Keep checking in
with John.**

**Leave
John alone.**

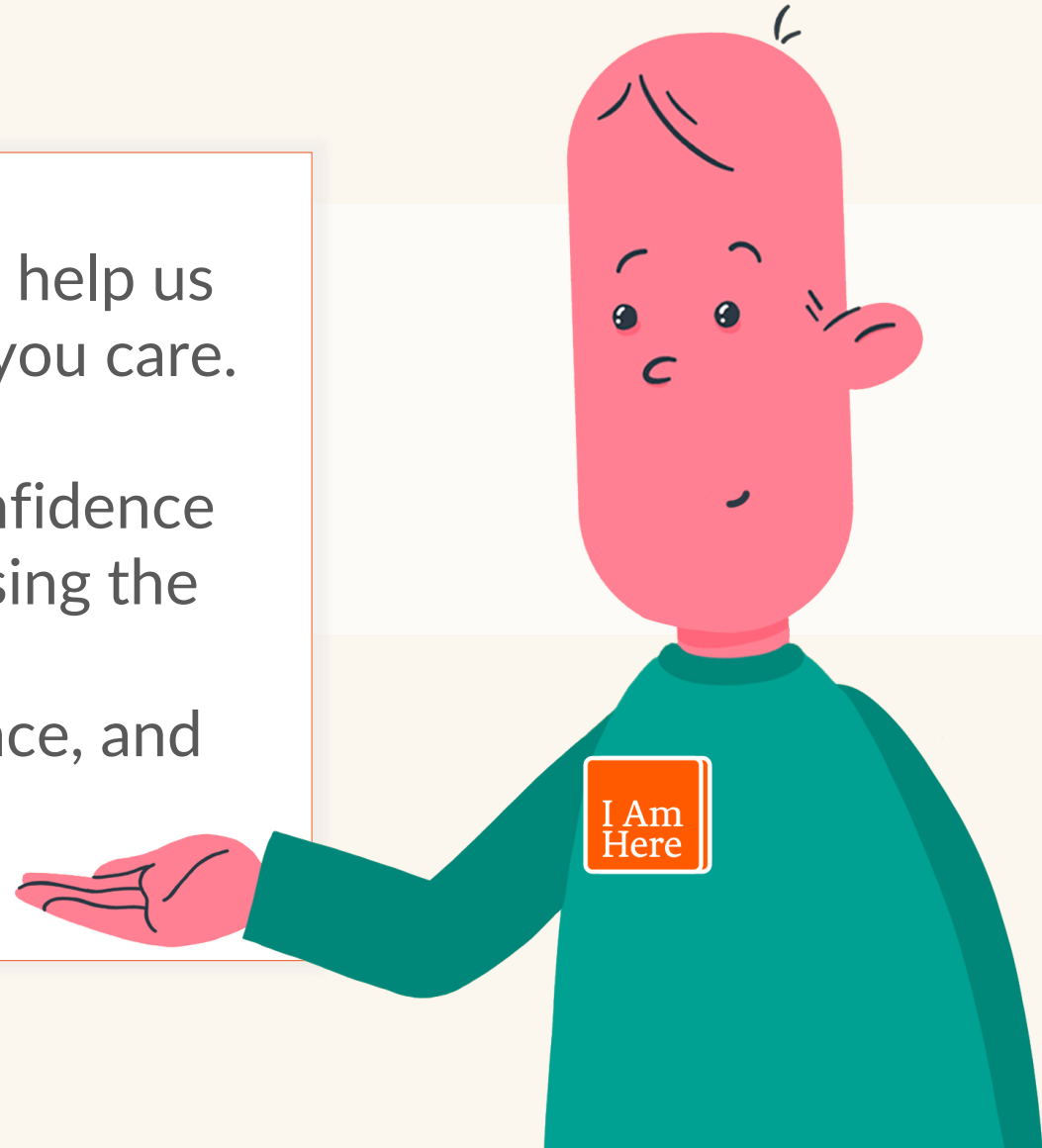


Courage, confidence and CLEAR skills.

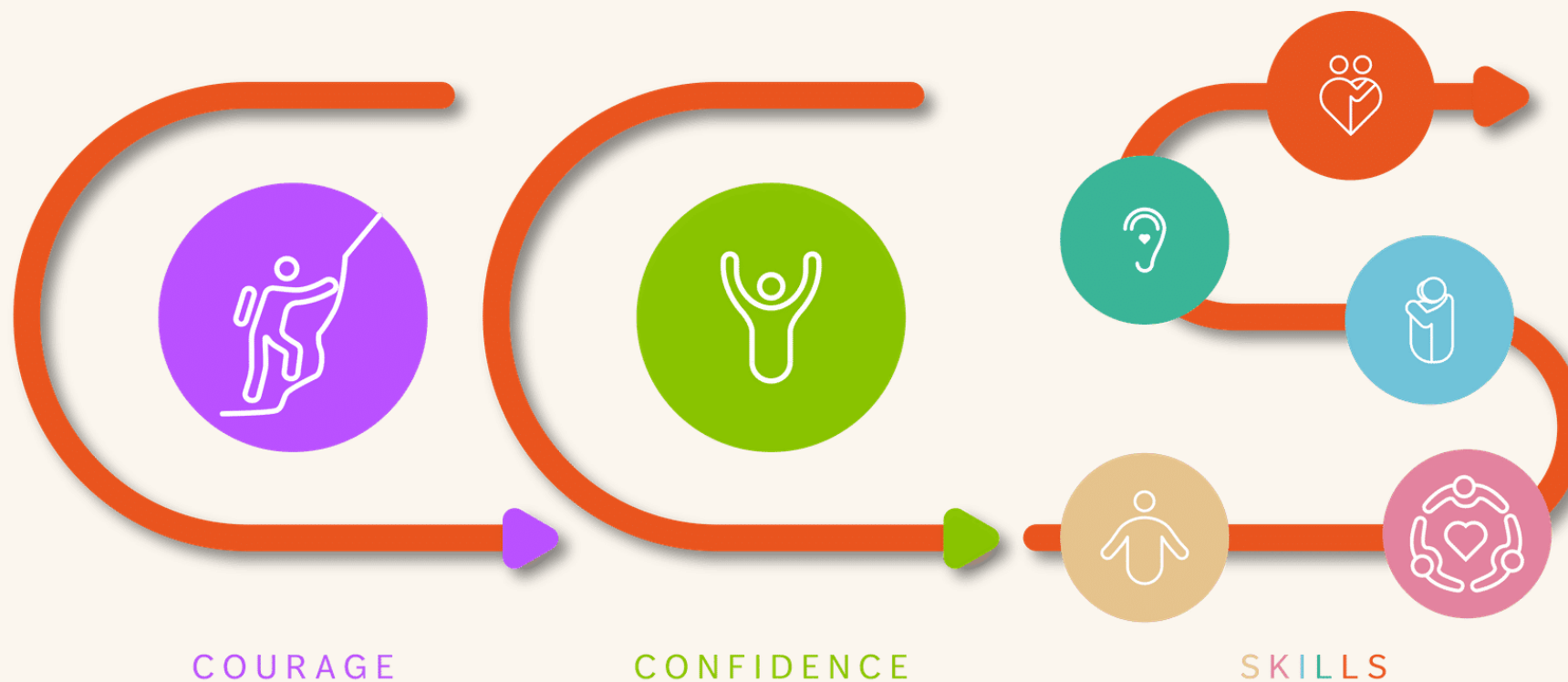
Courage, confidence and CLEAR skills

Let's look at some skills that will help us with that first action of SHOW you care.

1. Finding your courage and confidence
2. Building a contract of trust using the CLEAR skills of Compassion, Listening, Empathy, Acceptance, and being Real



Finding your courage and confidence





Courage

We recognise that mental health and wellbeing challenges can impact anyone.

We reach out to people who might not be feeling ok.

We ask for help and support for ourselves.



Confidence

We have confidence in our ability as an I Am Here Tribe Member.

We reach out to people who might not be feeling ok.

We accept that we might not get it right all of the time.

2. CLEAR skills

COURAGE

CONFIDENCE

CLEAR
SKILLS



COMPASSION



LISTENING



EMPATHY



ACCEPTANCE



REAL



Compassion

Compassion is the desire to act to relieve the suffering in another person.

It allows you to act when you sense that someone might not be feeling ok.



Listening

Listen with all of your senses. Pay attention to the other person's tone of voice and body language. Read between the lines to figure out what's not being said.

Most importantly, Listening means letting the other person do 95% of the talking.



Empathy

Empathy enables you to put yourself in another person's shoes and see things from their perspective.

It can give you an idea of how another person might be feeling.



Acceptance

Someone who feels accepted is more likely to be receptive towards you. They're more likely to engage with any help and support you might guide them to.

Complete Acceptance means putting aside your own opinions, biases, and values.

You don't have to agree with the other person. You do need to accept them for who they are.



Real

Our Real selves can be described as how we behave when we believe that no one's looking.

Being Real allows the person you're with to comfortably be themselves as well.

What next?

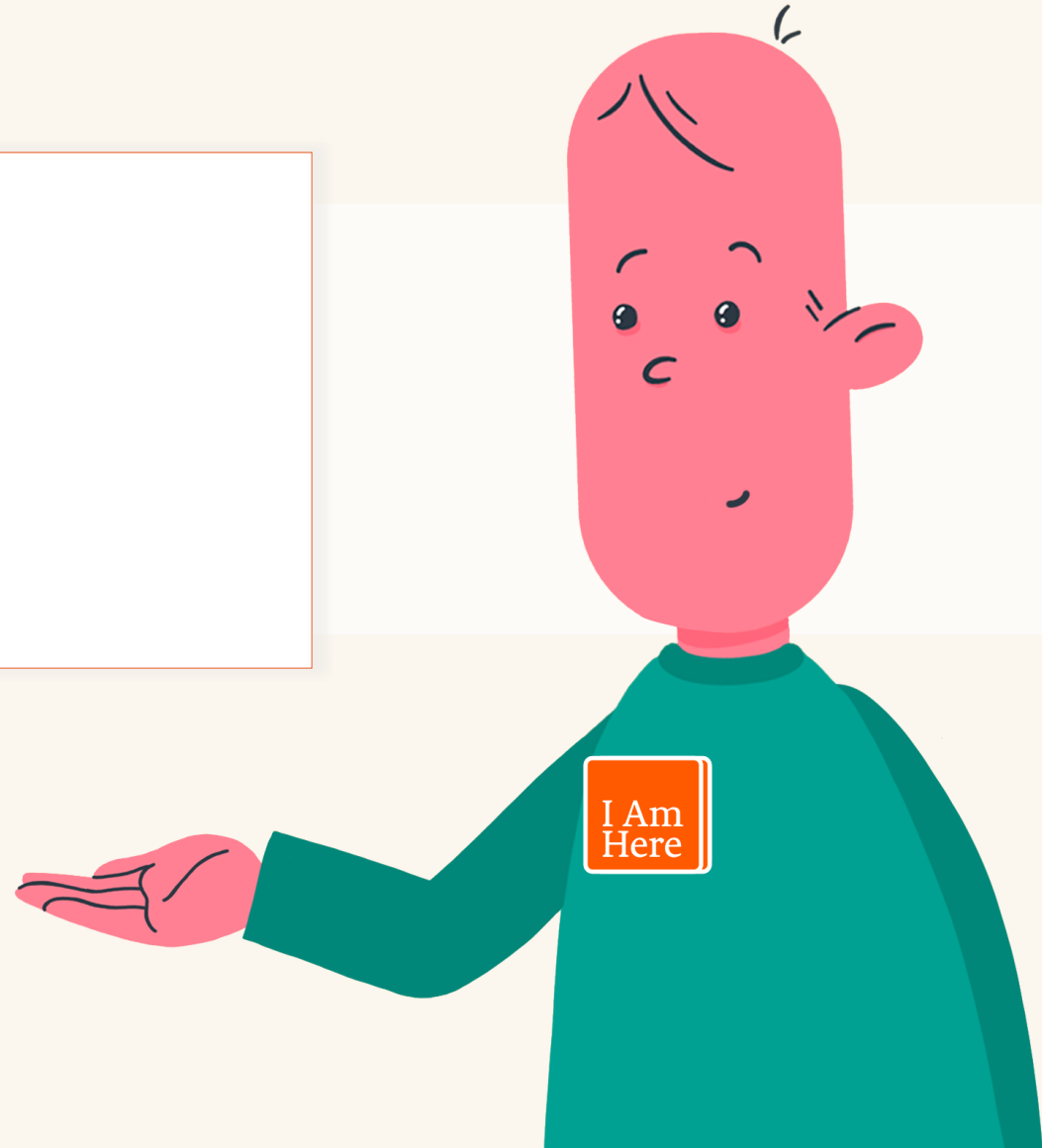


Finding an Ambassador

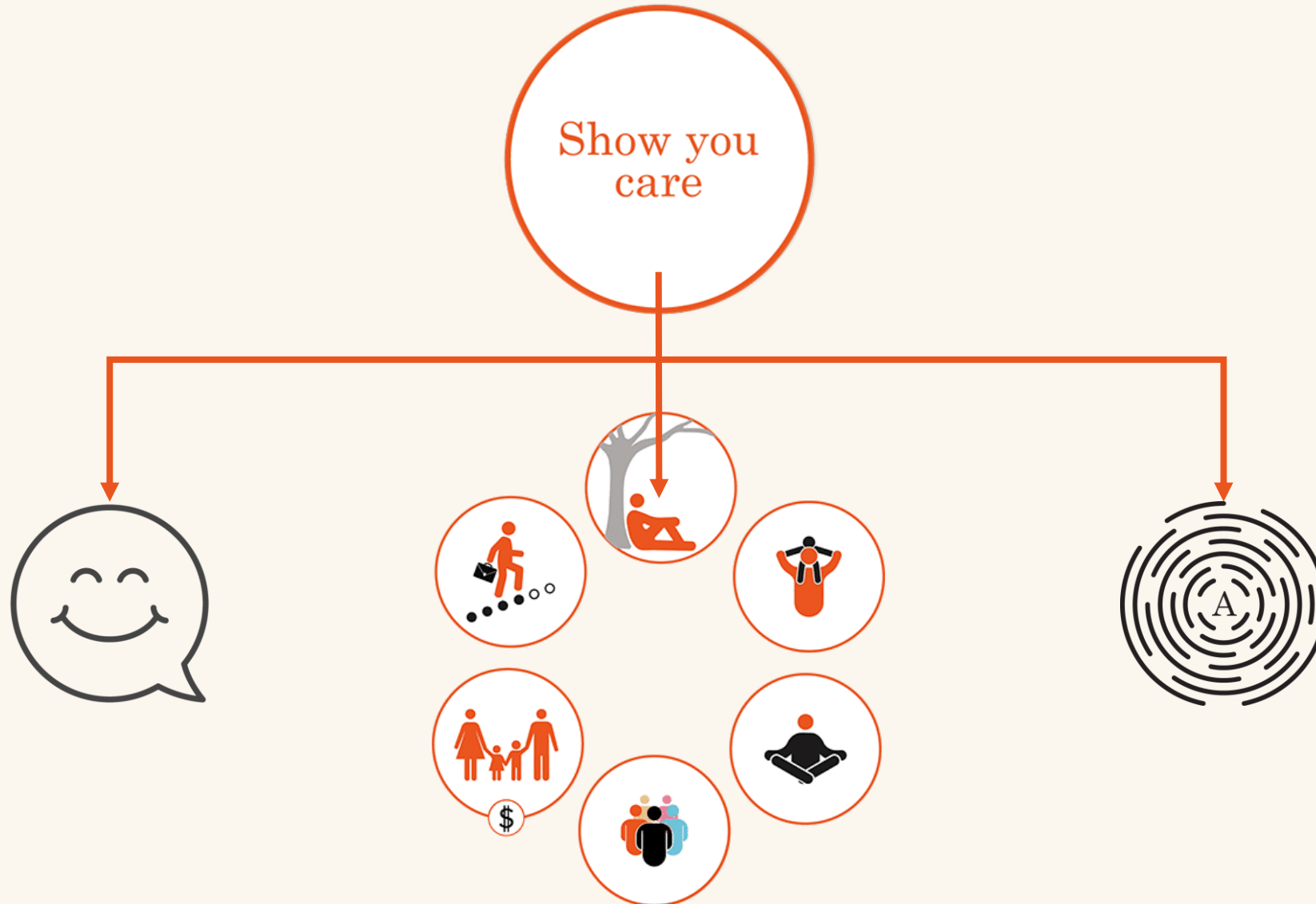
Finding an Ambassador

In this section, you'll learn about:

1. What happens now
2. The role of an **I Am Here** Ambassador
3. Sources of help and support



What happens now?



The role of an I Am Here Ambassador



Confidentiality

In all situations, we maintain strict confidentiality.



Imminent risk statement

If you believe there's an imminent risk that the person you're concerned about will be a **danger** to themselves or others, you **must** call for **emergency help or support**.

Do **not** leave the person on their own and do **not** delay taking action.

3. Sources of help and support



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Remember:

You're not the help and support.

You're not expected to act as a doctor,
therapist, or counsellor.

As a Tribe Member, you Show you care and
offer a referral to an Ambassador if needed.

It's really that simple.



Congratulations

You're now a Certified Tribe Member.

Next steps:

- Access your Certificate and review the support available
- Start changing the world, one compassionate connection at a time.
- Become an Ambassador through the I Am Here: Ambassadors course.
- Protect your own mental health and wellbeing through the I Am Here for Me series of courses.



Ask our Super Ambassador



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grace@iamheretribe.com

The Power of One

You now have the Power of One!

As a Tribe Member, through Show You Care, you can now:



Create lasting cultural change.



Be there for people when they are not feeling ok.



Improve your own mental health and wellbeing.

POWER OF
NE

Thank you!