



create connections

Feeling connected to others is super important.

Healthy connections are important for your mental health. Spending time with people you care about, and who care about you, can help you feel supported.

Putting time into your connections can help you feel good, boost your energy and help you keep a healthy headspace.

We know connections with others aren't always easy. Finding a new connection can often be scary. And if you're experiencing mental health difficulties you may feel like disconnecting from people, rather than reaching out.

But here's the thing – the more you work on your connections to others, the stronger they get.



How do connections boost your mental health?

When you spend time connecting with and supporting others, your wellbeing can improve too!

Strong connections can give you support when you need it and provide a sense of belonging and community.

Here's how working on your connections can improve your headspace:



Boosts your energy



Improves your sense of belonging



Helps you relax



Helps you feel supported including at workplaces, TAFE, school or uni.



How do I look after my relationships/connections?

- Every connection can bring you different benefits, so try to keep a variety of people in your life, such as friends from work or school, teachers, parents, people who have similar interests and more.
- Communication is important. When you're open with people, they're likely to be more open with you – which can help strengthen your connection.
- Socialising and keeping in contact can sometimes be hard. Occasionally you may feel left out or not all agree. Just remember, it's normal to feel this way sometimes.
- Setting safe and respectful boundaries helps you let other people know how you'd like to be treated.
- Your relationship with yourself is an important relationship too. Take time to look after yourself and recharge. When you look after yourself, it can teach you how to look after others as well.



Focus on positive connections that make you feel good about yourself. Those where you support each other and where you feel you can be yourself.

Types of connections

There are many different types of connections to explore such as:

Friends

Grow a friendship by doing something together or for them.

Family

Reach out to a family member and have a yarn or organise a family catch up.

Work mates

Share something positive with a work colleague (e.g., something you value about them or their work).

Romantic relationships

Spend time with your partner finding common interests or connecting through activities.

Cultural

Link in with local community events, cultural camps and yarnning circles.

Country

Maintain strong connections to country where you can.

Community

Get involved in your local community as a volunteer or at events.

Animals

Visit an animal park, care for a pet or spend time with your own or someone else's pet.

Support people or service

Take the first step and reach out to a support person when in need.

You (yourself)

Take time out to spend with yourself, looking after yourself by filling your own cup back up.



Getting support

There are lots of ways to look after your headspace.

Check out headtohealth.gov.au, or if you're 12-25 the [headspace website](http://headspace.org.au), for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, colleague, family member, Elder, teacher, counsellor, or a health service.

If you or someone you know is going through a tough time, support is available.

Check out headtohealth.gov.au to help find the right service for you. If you're aged 12-25, [headspace](http://headspace.org.au) can support you through our online and phone services or centre support services. For more information visit headspace.org.au.

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467. Aboriginal and Torres Strait Islander people can also call 13YARN.



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