Being well

Looking after yourself and others

Mental health and wellbeing is about healthy thoughts and emotions. Our mental health affects how we see the world and how we understand what is happening around us. Good mental health helps us to enjoy life and to cope well with changes and things that we find hard to deal with. If our mental health changes it can impact the way we think, feel and behave. It can lead to:

I have discussed this with my doctor, and here are some things I can do:

mood swings

thinking difficulties

behavioural issues

Where to get help

| Family and relationships			
Relationships Australia	For work, family and relationship issues www.relationships.org.au	☎	1300 364 277
QLife	For LGBTI issues or support www.qlife.org.au	☎	1800 184 527
Alcohol and drugs			
DirectLine	For alcohol and other drug counselling www.directline.org.au	☎	1800 888 236
Housing			
Launch Housing	For homelessness or at risk homelessness www.launchhousing.org.au	☎	1800 825 955
Gambling			
Gamblers Help	For gambling help www. gamblershelp.com.au	☎	1800 858 858
Sexual assualt			
Crisis Line	For sexual assault crisis www.sacl.com.au	☎	1800 806 292

Mental health and wellbeing

sleep issues

withdrawal

anxiety

depression
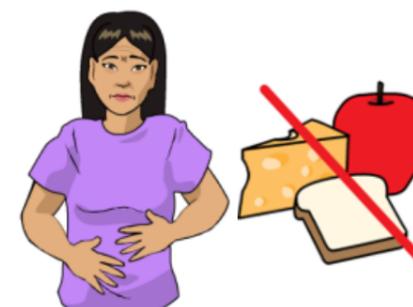
eating disorders

alcohol or drug abuse

being at risk of taking one's life

24/7 Urgent help and support

If you, or someone you know, have been impacted by mental health crisis or suicide, the following services are available 24 hours a day, 7 days a week.

☎	LifeLine	13 11 14
☎	Emergency Service	000
✚	Please go to your closest hospital Emergency Department	

Interpreter	Translating and interpreting - call and tell them what language you speak. They will call the services for you.	☎ 13 14 50
Mental health and wellbeing services		
Suicide Call Back Service	If you are at risk of suicide, affected by suicide, or concerned about someone else's risk of suicide 🖥 www.suicideline.org.au	☎ 1300 659 467
headspace	For young people aged 12 – 25 with mental health concerns. 🖥 www.headspace.org.au	☎ 1800 650 890 For online confidential support contact www.eheadspace.org.au
Beyond Blue	For depression, anxiety and related concerns 🖥 www.beyondblue.org.au	☎ 1300 224 636
Kids Helpline	For kids or young people issues, aged 5 - 25 years with behavioural or mental health issues 🖥 www.kidshelpline.com.au	☎ 1800 551 800
Legal assistance		
Legal Aid	For legal representation and advice 🖥 www.legalaid.vic.gov.au	☎ 1300 792 387

Taking care of others

Staying healthy

If you are caring for, or supporting someone with mental health issues, you need to care for your health too. You can do this by:
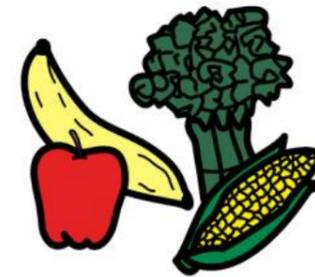
seeking support from family

staying connected with your community

asking for assistance from support services

There are a number of things you can do to look after your mental health.

Eat well

Eat fruit, vegetables, and healthy food every day.

Be active

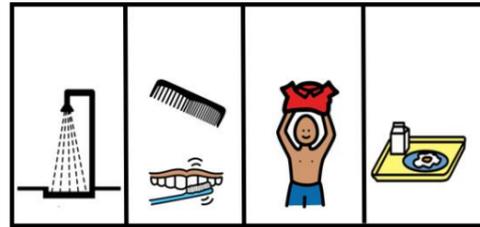- Get some fresh air. Go for a walk or spend time in your garden
- Play sport

Get lots of sleep

If you cannot sleep,

- Take a shower or bath before bed
- Listen to calm music
- Do not use your mobile phone, tablet, or computer late at night

Staying healthy

Have a routine

Wake up, wash, get dressed and eat meals at regular times.

Stay in contact with friends

Make sure you allow time in your day to contact friends and family.

Do things you enjoy

It is important to keep doing things you enjoy every day.

Cut down on smoking, alcohol and drug use

Taking care of others

If you are caring for, or supporting someone with mental health issues, here are some things you can do to help them

1. Ask the question

"I've noticed you haven't been yourself lately. Can we talk about what is troubling you?"

2. Listen and stay

Check the person's safety and do not leave them alone

3. Get help

If someone's life is in danger call
- 000
- Lifeline 13 11 14

or take them to a hospital Emergency Department

4. Follow up

Make sure you check on the person