

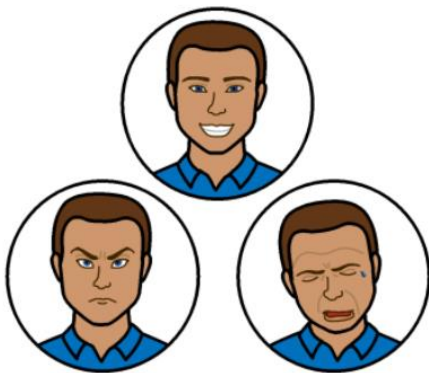
# Being well

**Looking after yourself and others**



# Mental health and wellbeing

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:



mood swings



thinking difficulties



behavioural issues

# Mental health and wellbeing



sleep issues



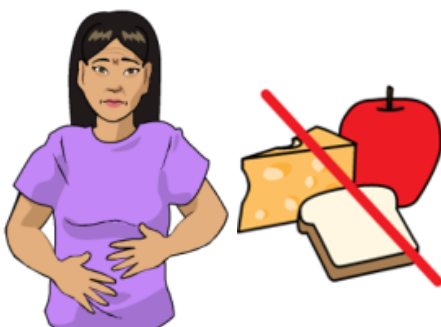
withdrawal



anxiety



depression



eating disorders

# Mental health and wellbeing



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

# Staying healthy

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

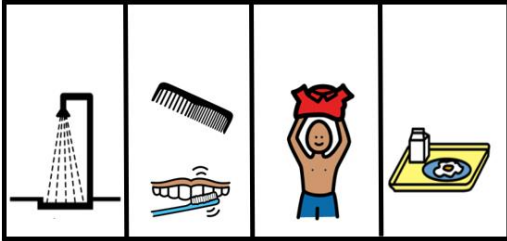
## **Get lots of sleep**

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

# Taking care of others

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



# Where to get help



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](http://www.suicideline.org.au)



1300 659 467

### headspace

For young people aged 12 – 25 with mental health concerns.

 [www.headspace.org.au](http://www.headspace.org.au)



1800 650 890

For online confidential support contact [www.eheadspace.org.au](http://www.eheadspace.org.au)

### Beyond Blue

For depression, anxiety and related concerns

 [www.beyondblue.org.au](http://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](http://www.kidshelpline.com.au)



1800 551 800

## Legal assistance

### Legal Aid











For legal representation and advice

 [www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)



1300 792 387

# Where to get help

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



**enliven's** Health Literacy Services prepared the easy English version of this resource [www.enliven.org.au](http://www.enliven.org.au) (03) 9791 1768 and have been supported by Australian Communities Foundation through the South Eastern Primary Care Fund.

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