

HOW ARE YOU GOING?



Well

Unwell

How are you feeling?	Self-aware & calm	Irritable or impatient	Angry	Aggressive out of control
What's your stress level?	Coping well	Worried nervous	Very nervous panicky	Highly anxious panic attacks
What's your outlook?	Positive outlook	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
How are you working?	Working productively	Putting things off, forgetting	Poor performance	Unable to perform duties
How are you sleeping?	Sleeping normally	Trouble sleeping	Restless disturbed sleep	Sleeping too much or too little
What's your energy level?	Energetic	Low energy levels	Tired	Physical symptoms of illness
What's your activity level?	Keeping active	Decreasing activities	Little enjoyment from activities	Avoiding activities
How social are you?	Feeling connected	Withdrawing from social activity	Irritated & frustrated with others	Isolated from others

WHAT CAN YOU DO?



Keep it up!

Ask for support, try not to judge yourself

See your GP

You must get help

Talk to friends and family

Don't put it off, act now.

Help is available

Do something you enjoy

Contact Community Health or your EAP

**Mental Health Line
1800 011 511**



Centre for
Rural & Remote
Mental Health

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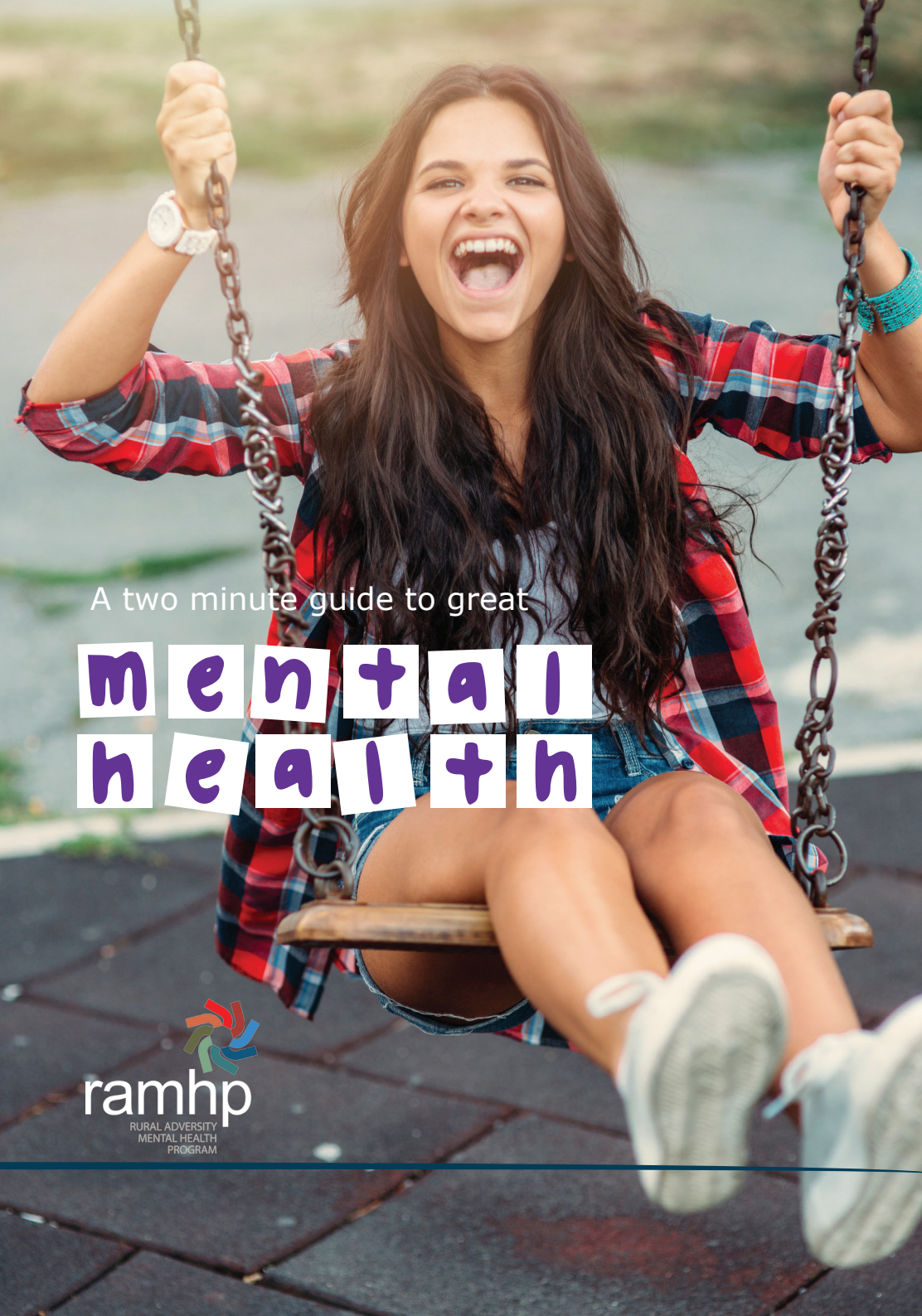
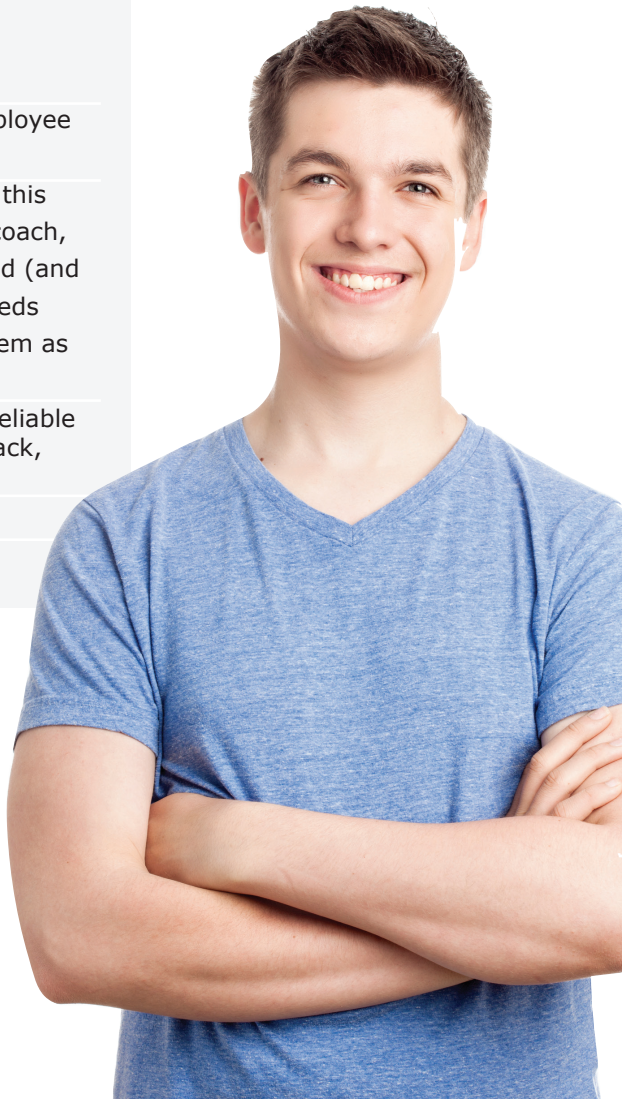
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RURAL ADVERSITY
MENTAL HEALTH
PROGRAM



We all need support sometimes

These are people you could talk to

- ✓ Your local doctor - GP
- ✓ Your school counsellor or employee assistance program (EAP)
- ✓ A trusted person in your life: this could be a relative, teacher, coach, supervisor, workmate or friend (and if you know someone who needs support remember to help them as well)
- ✓ Check out online support at reliable sites like eHeadspace, Bite Back, Reach Out and Kids Helpline
- ✓ Kids Helpline 1800 55 1800
- ✓ NSW Mental Health Line 1800 011 511



A two minute guide to great

mental health



Artwork designed by Aboriginal Elders and Aboriginal mental health professionals.

Committed to Closing the Gap for Aboriginal and Torres Strait Islander People



Health Hunter New England Local Health District

Mental Health is...

- ✓ Being able to bounce back from the normal challenges of life
- ✓ Being confident enough to try new things
- ✓ Learning to be happy with the person you are, even though (like everyone else) you're not perfect and you make mistakes.

Mental Health is not...

- ✗ Having a disorder like depression, anxiety, bi-polar disorder or schizophrenia

These are types of mental illness.

Challenges

"Alcohol is still our biggest challenge followed closely by cannabis"

*Dr Ken Nunn
Senior Child and Adolescent Psychiatrist
Westmead Children's Hospital*



5 proven ways to improve your

mental health

Exercise

- ✓ Loads up your brain with "feel good" chemicals like dopamine
- ✓ Soaks up stress chemicals like cortisol and adrenaline
- ✓ Sparks up the brain and your mood during the day and promotes good sleep at night
- ✓ Great for your physical and mental health, especially in helping with mild to moderate depression and anxiety.

Connection

- ✓ With positive people who bring out the best in you - with laughter, sunshine and green, outdoor places.
- ✓ With school, work and purposeful activity
- ✓ With things that bring you joy, meaning and hope (spirituality)
- ✓ With your culture and acts of kindness.

Nutrition

- ✓ Learn to see food as nourishment - as the fuel for your body and brain. Would you put rubbish fuel in a beautiful car?
- ✓ Choose brain smart food like lean meat, fruit and vegetables, milk, whole grains and nuts. And remember to keep hydrated - drink lots of water.

Sleep

- ✓ You need 8-10 hours each night. This is a time for your body and brain to rest, repair and reset. Good sleep is vital for your mood and energy + for clear thinking and learning the next day
- ✓ Avoid caffeine and sugar after 4pm. Turn screens off well before bed and leave the phone outside!

Positive Self Talk

- ✓ Learn to challenge unhelpful thinking.
- ✓ Your thoughts are not always facts. So ask yourself: is it true? Is there a better way to think about this?
- ✓ Remember to get support - that hard times will pass and better days will come.

let's talk

mental health professionals



If you're worried about your mental health and thinking of talking to a professional, it can be overwhelming to realise how many services are out there. It can help to know where to go, how to get there and who does what.

Here's a few details about some common mental health professionals to get you started...

GPs

General practitioners (GPs) are a good place to start if you're worried about your mental health. They look at both your mental and physical health, can talk with you, prescribe medications, develop a Mental Health Treatment Plan and refer you on to other specialised health professionals. They all have a medical degree, and some have extra training.

Anyone can see a GP, you simply call up and book an appointment. These usually last 10-15 minutes, but you can request a long appointment which will last for 20-30 minutes. Costs start at \$40 per session, but depending on the GP, some or all of the fee will be covered by Medicare. If you're worried about costs, you can ask around or call the GP practice to ask about payment options.

Psychologists

Psychologists provide talking therapies, which can include cognitive behavioural therapies and other evidence-based therapies, to help you work through mental health concerns. They have a psychology degree as well as clinical training.

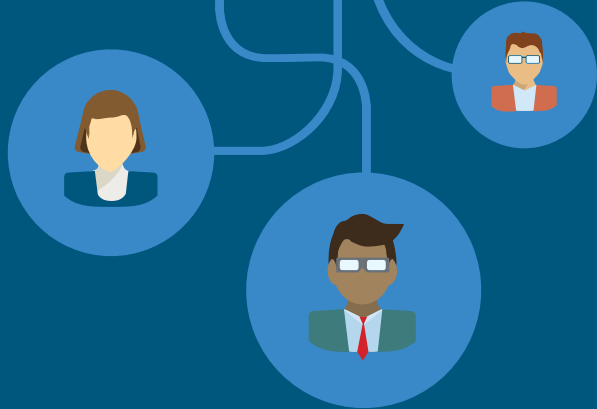
The best way to access a psychologist is to see a GP first. The GP can develop a Mental Health Treatment Plan with you, which may include a referral to a psychologist. That way, some or all of the psychologist's fee will be covered by Medicare. You can make appointments directly with psychologists, without a GP referral, but costs will start at \$100 per session.

Occupational therapists and social workers

Occupational therapists (OTs) and social workers can provide a range of support depending on their personal qualifications. Some specialise in mental health. They have degrees and you can access them through a referral from a GP or psychiatrist, or through a hospital or community service. Appointments with OTs and social workers are free in public services, and with a GP referral and Mental Health Treatment Plan some are partly covered by Medicare.

Mental health nurses

Mental health nurses can assist with medication and provide practical support and counselling. They have degrees in nursing and some have extra mental health training. You can access a mental health nurse through a referral from a GP or psychiatrist, but you will usually see them through a hospital or community service.



Counsellors

Counsellors can provide listening, support and some talking therapies. They may be trained in counselling, social work, psychology or specialised areas, such as grief counselling. You can make an appointment with a counsellor directly. Private counsellor costs start from \$50 per session, however counselling is provided free by some organisations which receive government or charitable funding.

Psychiatrists

Psychiatrists can prescribe medications, diagnose mental health conditions and provide talking therapies. They have a medical degree with additional psychiatric training. You can access them through a hospital or a referral from a GP. With a GP referral, your appointment will be partly covered by Medicare. It is possible to make appointments directly, with costs starting at \$200 per session, however it is usually best to have a Mental Health Treatment Plan developed with your GP beforehand.

Remember, there may be limited options in regional and rural areas. Sometimes, finding the person you feel comfortable with, who works best with you may be more important than their particular qualifications or profession. You can find out what is available in your area by asking your GP, asking someone you know who has sought help for a mental health concern, or searching online.

If you're concerned about yourself or someone else's mental health you can call the NSW Mental Health Line 1800 011 511 for advice. If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.



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let's talk

online help for mental health concerns



Australian Drug Foundation – www.adf.org.au

The Australian Drug Foundation is one of Australia's leading bodies dedicated to preventing alcohol and other drug problems in communities across the nation. The foundation develops and distributes free and quality assured information on alcohol, other drugs and harm prevention through a range of programs, websites and services.

Beyondblue – www.beyondblue.org.au

Beyondblue offers online counselling, support and referrals from 3pm to midnight, 7 days a week. The website provides information relating to depression and anxiety disorders, as well as options for treatment, recovery and staying well.

Black Dog Institute – www.blackdoginstitute.org.au

The Black Dog Institute website provides information for health professionals and the wider community about mood disorders such as depression and bipolar disorder. The site offers a range of self-tests, personal stories, fact sheets and tips for getting help.

Carers NSW – www.carersnsw.org.au

This service provides practical information for carers, as well as information to help service providers better understand the needs and experiences of carers. The Carers NSW website contains information about support groups and programs, insights into caring roles, and advice for carers.

Counselling Online – www.counsellingonline.org.au

The Counselling Online website allows you to chat with a professional counsellor about an alcohol or drug related concern, using text-communication. The service is free for anyone seeking help for their own alcohol or drug use, as well as those concerned about a family member, relative or friend. Online counselling is available 24/7 and the site also provides an online tool for self-assessment, should you feel you have a problem and don't know where to start.

Headspace – www.headspace.org.au

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12 to 25 year olds. If you don't have a Headspace centre nearby or you don't feel ready to visit a centre, Headspace provides confidential online and telephone support, and can help with a broad range of issues including bullying, drug and alcohol problems, depression and anxiety, relationships and concerns about friends and fitting in.

Mindhealthconnect – www.mindhealthconnect.org.au

The Mindhealthconnect website aims to provide unbiased, trusted and up-to-date information, online programs and resources, to empower and enable people to make informed choices regarding their mental health concerns.

Kids Helpline – www.kidshelp.com.au

The Kids Helpline website provides webchat and email counselling. It is aimed at young people aged 5 to 25 years and provides an interactive space for kids to explore issues that are important to them. The site features tips and information on common concerns, as well as stories from kids who have experienced and overcome challenges in their lives.

Lifeline – www.lifeline.org.au

The Lifeline website provides online crisis support chat from 7pm to 4am, 7 days a week. The website also has information and fact sheets, real stories and self-help tools. Available information covers a wide range of topics including suicide prevention, depression, financial problems and loss and grief.

Reach Out – au.reachout.com

ReachOut.com is a youth focused website providing help with tough times, sex, friends and drugs. The website has information and tools to help with physical and mental health issues, bullying, abuse and violence, alcohol and other drugs and getting help.

SANE Australia – www.sane.org

SANE Australia is a national charity working towards a better life for people affected by mental illness, through campaigning, education and research. SANE's website provides fact sheets and guides about mental illness, treatments and supports, for people living with a mental illness, families and carers, health professionals and students.

The Salvation Army – www.salvos.org.au

The Salvation Army offers a wide range of humanitarian programs and services. The website provides contact details for Salvation Army services and programs, as well as information and support options for addiction services, financial assistance, accommodation and housing, domestic violence, problem gambling, youth services and family and personal support.

If you're concerned about yourself or someone else's mental health you can call the NSW Mental Health Line 1800 011 511 for advice. If you or someone else is in immediate danger call 000 or go to your nearest hospital emergency department.



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mental health phone services



IN AN EMERGENCY ALWAYS CALL 000

Alcohol and Other Drugs Information Service (ADIS) 1800 422 599

The ADIS is a confidential information, advice, referral and support service. Available 24/7, the service provides information such as safer injecting advice, parental advice and information on detoxification.

Beyond Blue Support Service 1300 224 636

The Beyond Blue Support Service offers 24/7 confidential telephone support, counselling and referrals from trained mental health professionals. All calls and chats are one-on-one and are completely confidential.

Carer Line 1800 242 636

This telephone support, information, counselling and referral service is available from 9am to 5pm weekdays. This service is staffed by experienced carer support officers and is available to carers, service providers and community members.

Gambling Help 1800 858 858

Gambling Help is a telephone and online support service for people affected by problem gambling. The service is available 24/7 and provided by experienced professional counsellors.

Kids Helpline 1800 55 1800

The Kids Helpline is a 24/7 confidential support and counselling service specifically for young people aged 5 to 25 years. Kids can contact the service about a wide range of issues, from everyday issues such as family, friends or school, to more serious issues such as abuse, mental illness, drug and alcohol use, homelessness and suicide. Counselling can be provided online, via email or over the telephone.

Lifeline 13 11 14

Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline's confidential crisis support service. Trained volunteers are available 24/7 to listen and provide support and referrals.

MensLine 1300 789 978

MensLine Australia is a 24/7 telephone and online support, information and referral service for men with family and relationship concerns. The service is staffed by professional counsellors, experienced in men's issues.

NSW Mental Health Line 1800 011 511

The NSW Mental Health Line is a 24/7 telephone assessment and referral service, staffed by mental health clinicians. This service can provide advice about clinical symptoms, the urgency of the need for care and information about local service providers.



ParentLine NSW 1300 1300 52

Parent Line NSW is a confidential telephone counselling, information and referral service for parents and carers of children aged 0 to 18. Trained professional counsellors are available from 9am to 9pm weekdays and from 4pm to 9pm weekends.

Suicide Callback Service 1300 659 467

The Suicide Callback Service provides free phone, video and online counselling for anyone affected by suicide. Staffed by professional counsellors with specialist skills in working with suicide-related issues, the service can provide ongoing counselling or referrals to appropriate services.

Butterfly's National Helpline 1800 334 673

Butterfly's National Helpline offers personalised support, coping strategies, guidance, information and referrals, from professionally trained counsellors by telephone, email or webchat. The service is available to people suffering from eating disorders or body image issues, and their loved ones, from 9am to 9pm Monday to Friday.

1800 RESPECT 1800 737 732

This service provides 24/7 sexual assault, family and domestic violence counselling by qualified, experienced counsellors. This service is for anyone who has experienced, or at risk of physical or sexual violence, as well as those concerned about someone else.

Call my GP:

Name:	<input type="text"/>
Number:	<input type="text"/>
Address:	<input type="text"/>



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let's talk

seeing a GP about your
mental health



Talking to a general practitioner (GP) is a good place to start when you're looking for help and advice about your mental health. They're trained to assist with both mental and physical health problems and can tell you where you can find help and support.

If you're worried about your mental health, here's what you can do...

book it in

Contact a GP practice to make an appointment.

If you don't have a regular doctor you're happy with, you can ask for a GP who is experienced or interested in mental health.



It can be hard if you're in a small town and there aren't many doctors, but it's important to remember that they are bound by confidentiality and can't share your information without your consent, except in the very rare circumstance that your life, or the lives of others, are at risk.

Appointments will usually take 10-15 minutes, but it can be helpful to ask for a longer appointment if it is the first time you've seen this doctor or spoken about your mental health.

When's your first appointment?



GP:		Day:	
Date:		Time:	
Address:		Phone:	

prepare

Think about what you might like to talk about. It can be helpful to write a few things down and take them along to your appointment. You could try writing about:



- Changes in your feelings, thoughts or body that you're worried about. Think about your sleep, appetite, mood, social interests, motivation and anything else that may have changed.
- How these changes are impacting on your life; are they affecting your social life, work or personal life, and for how long?
- Any stressful events or things you've been worried about.
- Your medical history; what have you seen doctors about in the past? Are you taking any medications, supplements or using natural therapies?

What would you like to tell your doctor?

Think about whether you'd like to take a family member or friend along with you for support. They might help you to feel more comfortable, remember questions you want to ask or things you'd like to tell the doctor. Think about what you might want to ask.

Maybe you're wondering:

- What type of mental health problem might I have?
- What are my treatment options?
- What can I do to help myself?
- Are there information sheets, books or websites I can look at?

What questions would you like to ask?

show up

Talking about your mental health for the first time can be tough, but be honest with your doctor, they're there to help.

Your doctor should ask you a range of questions about your health, lifestyle, family history, employment and preferences for types of treatment. They may also do some tests to rule out any physical health problems.

They might give you a likely diagnosis and a plan for treatment and follow-up, but it may take a few appointments to get there. Your doctor will want to make sure they've got all of the information and that they're fully aware of your situation and your preferences for treatment. They might suggest seeing a counsellor or psychologist, taking medication or things you can do for yourself, like getting some exercise.

If the GP suggests seeing a psychologist or counsellor, they can prepare a Mental Health Treatment Plan, which will mean you can access up to 10 government funded sessions each year. Some professionals do charge an additional fee. If you're concerned about this it can be helpful to ask your GP to recommend someone.

You should be a part of all of these decisions, so ask questions and get a second opinion if you don't feel comfortable. Your doctor is there to help you to manage your mental health and get better.

What did you and your doctor discuss?





Remember, mental health concerns are very common and treatable. GPs see patients about these issues all the time. If you don't feel comfortable and supported, ask questions, go back and discuss what is worrying you or get a second opinion. The earlier we notice a problem and find help, the better chance we have of a quick recovery, and we reduce our risk of mental health problems in the future.

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