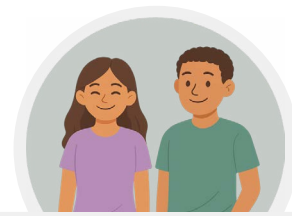


# Minding your mental wellbeing

A guide for when you feel out of balance or overwhelmed



Mental wellbeing doesn't mean you're always happy or never stressed, it's about being able to:



Focus on the things and people that **matter** to you



**Bounce back** faster from bad days



Keep **relationships** with friends and family solid



Have **confidence** in your choices and decisions

## Find someone to talk to

Anyone can have tough times that leave them feeling anxious, depressed or in distress. **At those times you do not have to be alone.** Reaching out to talk with someone about how you are feeling really helps. That person can be a friend, a family member, a health professional or someone from school or work. Anyone you feel safe with and can trust.



Anything you share with your GP, or mental health professional is **confidential** – unless there is a threat of harm to you or others.

### National, free, 24/7 support is available

Lifeline | 13 11 14 or text 0477 131 114

Kids Helpline | 1800 55 1800 for young people aged 5–25 years

13YARN | 13 92 76 for Aboriginal and Torres Strait Islander people



### headspace

Online and phone support open 3pm – 10pm (local time across Australia)




Visit a headspace centre, available across Australia



### A note on AI

General AI chat tools aren't made to give mental health support. They don't understand emotions or your personal situation the way a trained professional or trusted person can.

## ✓ Finding what works for you

Be active in ways you enjoy	Check in with your body	Find ways to stay connected
<p>Moving your body helps your mind, sleep and confidence.</p> <ul style="list-style-type: none"> <li>• Play a sport</li> <li>• Walk with a friend</li> <li>• Go to the gym or for a swim</li> <li>• Ride a bike, scooter or skateboard</li> <li>• Dance</li> </ul> 	<p>Healthy life actions are good for the body and mind. Try to:</p> <ul style="list-style-type: none"> <li>• Make the best food choices you can</li> <li>• Set up good sleep habits</li> <li>• Practise meditation or relaxation</li> <li>• Cut back on cigarettes, vapes, alcohol and other drugs</li> </ul> 	<p>Being around people who care about you can make you feel secure and supported and give you a sense of purpose.</p> <ul style="list-style-type: none"> <li>• Talk with people who make you feel safe</li> <li>• Learn a new skill or hobby</li> <li>• Try volunteering</li> <li>• Ask someone you trust about safe online forums</li> </ul> 

## Getting extra support

Sometimes self-care isn't enough. That is okay. Your health professionals might suggest other ways to support your mental health.

**Psychological therapies** can help you understand your feelings and thoughts, and teach you coping skills.

- Some therapies can be done online, others are in person
- Some online courses are free, others have a cost

**You should know** that it can take a while to:

- » Get an appointment
- » Start to feel better
- » Find the therapist best suited to you
- » Find the therapy that works best for you



### Medicines for anxiety or depression

Most people will not need a medicine as treatment.

**You should know:**

- You might need to try different medicines or doses to find what works for you.
- It can take time before you feel the full benefits of the medicine.
- They are not usually a long-term treatment. Your GP will regularly review your ongoing need and help you plan when to stop.
- They work best when used with self-care actions and psychological therapies.
- Some side effects, like nausea or feeling dizzy, usually go away after a while. Others, like sexual problems or emotional numbing, can last a long-time or not go away until you stop taking the medicine.



# You are unique, your care should be too

This page is for planning ways to support your mental wellbeing. You can fill it in with a health professional, on your own, or with someone you trust. Take your time. The most important thing is that you feel safe, listened to, and comfortable with what is decided.

## What matters to you?

What do you want to feel better about?	
Would you be okay talking to someone?	
Would you like to try learning some new coping skills?	
Have you tried anything before that helped (or didn't)?	
Other things that matter to you	

## My wellbeing action plan

You might start with one or two things and add more over time, if and when you feel ready. These can also change over time.

You might like to try	Ideas for your next steps
Staying connected	
Improving sleep	
Exercise and eating well	
Counselling/psychological therapy	
Reducing smoking/vaping, alcohol, drug use	

Date: \_\_\_\_\_

## Information for when medicine is an option

## Ideas for calming the mind

	<b>Take a breather:</b> Step outside, ground yourself, stretch or take slow breaths.
	<b>Write out how you are feeling:</b> It can be what's worrying you, or what makes you happy. It can be messy or not even make sense. This is for you or who you choose to show.
	<b>Listen to or play some music:</b> We all have favourite songs that can calm us down or brighten our mood.
	<b>Do something with your hands:</b> Fidget, draw, cook, try origami. Shifting focus can help.

## Apps you might find useful

<a href="#">Sleep Ninja</a>	
<a href="#">Exercise and eating well</a>	
<a href="#">My quit buddy</a>	
<a href="#">ClearlyMe</a>	
<a href="#">Smiling Mind</a>	

## Safety planning

A safety plan can be digital or paper-based.

[BeyondNow](#)

## People I can reach out to

[ReachOut](#)

[YarnUp](#)

## Notes/questions

[Moodnotes](#)

[MindDoc](#)

## Follow-up visits

One appointment may not be enough time to get through everything. Be prepared for extra appointments. Follow ups are also for checking in on how things are going.

Who/Date/Time: \_\_\_\_\_ Who/Date/Time: \_\_\_\_\_

