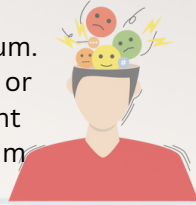


# The Mental Wellbeing Continuum

Our mental health exists on a continuum. We can be really well, or really unwell, or somewhere in between. Any of us might be at different places on this continuum at different points of our lives.



"I am well and able to manage day to day challenges. Life has its ups and down, but I'm grateful"



"I am tired and stressed, but I think I am managing. Some days are harder than others, but I have support"



"I am restless, often sad, and want to stay in bed all day. I don't want to be around people and my relationships are suffering."



"Things are falling apart, I feel hopeless. I don't know if there is a point in life anymore"

# Where To Seek Support

Somedays are harder than others, and we all need support sometimes. If you feel unwell:

**Talk to someone you trust**

**Ask for help**

**Talk to your GP**

 **Support Services**

Call **Beyond Blue** at **1300 22 4636**

Provides 24/7 phone counselling and online chat service

Call **Head to Health** at **1800 595 212**

Gives advice and will connect you to local mental health services

Call **Kid Helpline** at **1800 650 890**

Provides free 24/7 counselling for children and young people aged 5-25

Call **Headspace** at **1800 650 890**

Provides free phone and online counselling to young people aged 12-25 and their families and friends

Call **Suicide Call Back Service** at **1300 659 467**

provides 24/7 support if you or someone you know is feeling suicidal

Call **STTARS** at **08 82068900**

Provides assistance and rehabilitation to people who have experienced torture and trauma



## Crisis

If you, or someone you know, is in need of urgent assistance, call

Lifeline: **131114**

**If life-threatening  
Call 000**

# What is Mental Health?



Mental health refers to the overall health of our mind. The health of our minds can affect how we think, feel, and behave. It affects how we make decisions, cope with everyday stress, and relate with those around us.



Just like our physical health, our mental health can also fluctuate.



## Living and coping well

A person with good mental health is able to enjoy what they love, maintain relationships, and work toward their goals. They can manage emotions and daily stress without experiencing overwhelm and feel generally happy.

It is normal for everyone to feel stress, sadness, and a range of emotional ups and downs throughout life.

For example, we may all experience periods of high stress when we go through big changes in our lives, or low mood when we experience a significant loss or trauma.



## Struggling to cope

For a variety of different reasons, our mental health can suffer, and it can start negatively impacting our daily lives. We might be struggling with our mental health if we experience periods of stress and negative emotions for longer than usual, and without an obvious cause (such as loss).



## Signs Of Struggle



If there are no other identifiable causes or medical reasons, the following can be signs of poor mental health:



- Low energy and always tired
- Too much or too little sleep
- Bad dreams

- Struggling to remember
- Struggling to focus



- Changes in appetite
- Unexplained pain



- Irritability or extreme mood changes
- Too much worry



- Loss of interest in doing things
- Lingering feelings of sadness
- Feeling hopeless



- Substance abuse and or gambling
- Thoughts of self-harm and suicide

## Maintaining Our Mental Health



Much like our physical health, we can do a whole range of things to keep our minds healthy or improve our mental well-being. Our mental health is connected to our physical health, so many of the things that keep our bodies healthy are also good for our minds. Some practices that can improve mental well-being include:

Some practices that can improve mental well-being include:

- Exercise
- Good sleep
- Healthy food
- Time in nature
- Gardening
- Doing meaningful activities
- Spending time with family and friends
- Staying connected with community
- Cultural and spiritual practices
- Seeking out new experiences
- Building new connections
- Learning a new skill

