

TAKE CARE OF YOUR MENTAL HEALTH

Quick tips!

- Mindfulness and Yoga!
- Engage in relaxing activities or explore new hobbies!
- Stay active!
- Sleep well!
- Eat well!
- Connect with others!
- Limit use of alcohol and drugs!
- Talk to someone and seek help!



WHERE CAN I GET SUPPORT

MULTICULTURAL COUNSELLING SERVICE	MULTICULTURAL HUB www.mhub.org.au 02 6100 4611
COMPANION HOUSE COUNSELLING SERVICE	COMPANION HOUSE companionhouse.org.au 02 6251 4550
COUNSELLING SERVICE	RELATIONSHIP AUSTRALIA racr.org.au 1300 364 277
CRISIS SUPPORT	LIFELINE AUSTRALIA www.lifeline.org.au 131 114
MENTAL HEALTH SUPPORT 0-25 YEARS	MIND MAP mindmap.act.gov.au 1800 862 111
MENTAL HEALTH RESOURCES	EMBRACE MULTICULTURAL MENTAL HEALTH embracementalhealth.org.au
FREE SERVICE THAT CONNECTS YOU WITH MENTAL HEALTH SUPPORT	Head to Health Canberra canberraheadtohealth.com.au 1800 595 212



MIND MATTERS

-Let's focus on multicultural mental health & wellbeing



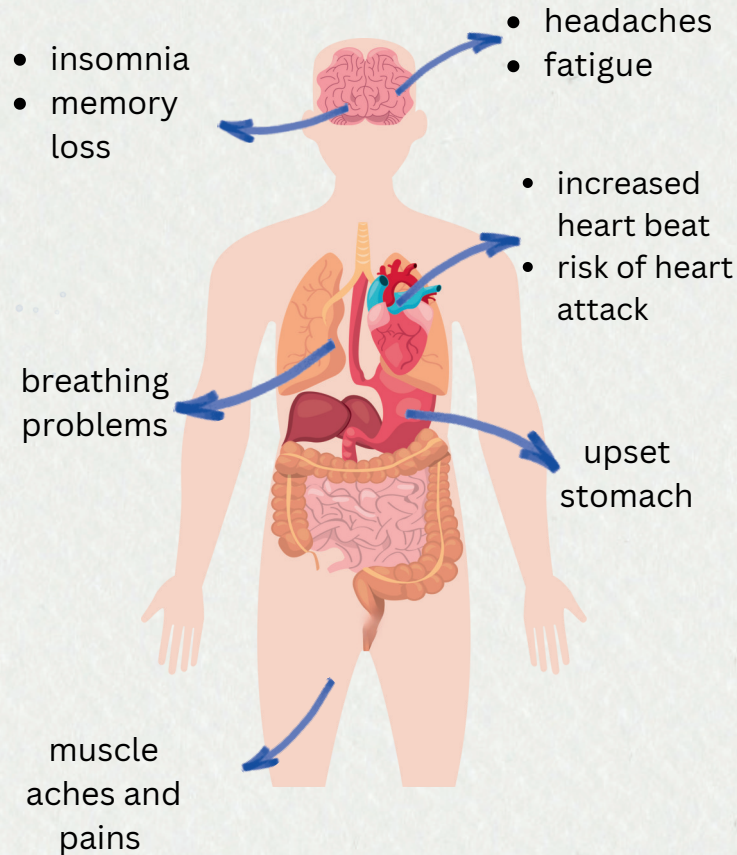
Did you know....

- In Australia, one in five people aged 16-85 experience a mental illness in any year.
- The most common mental illnesses are depression, anxiety and substance use disorder.
- Many multicultural people are unaware if they are suffering from a mental illness.
- 54% of people diagnosed don't take up treatment and it's higher within multicultural communities.
- Men are at greater risk of suicide and are less likely to seek help.
- One in five mothers of children aged 24 months or less had been diagnosed with depression.

Will mental health affect my body?

Evidence suggests there is a direct link between our mental and physical health and a healthy body needs a healthy mind.

Some known side effects on the body



Some common mental health terms

- **Anxiety**: a heightened feeling of tension or worried thoughts which generally tends to stay longer and cause intense fear and worry.
- **Depression**: a mood disorder that affects the way you feel, think or behave. It causes a persistent feeling of sadness and loss of interest in daily activities.
- **PTSD** (Post-traumatic stress disorder) : is an anxiety disorder caused by very stressful, frightening or distressing events.
- **Postpartum depression**: is a complex mix of physical, emotional, and behavioral changes that happen in some women after giving birth.
- **Bipolar disorder**: is a condition where people experience periods of depression and mania.
- **OCD**: (Obsessive-Compulsive Disorder) unreasonable thoughts and fears (obsessions) that lead to compulsive behaviours.