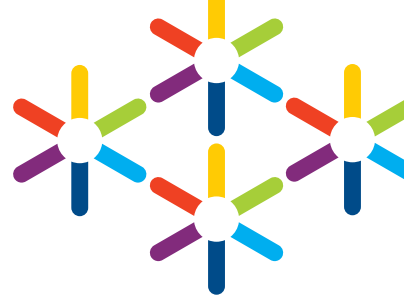


Surfing WA Boardriders Mental Health & Wellbeing Toolkit







Partnership background

About the partnership

Surfing WA is the governing body for surfing, SUP, longboard and bodyboarding across Western Australia. As an affiliated entity of Surfing Australia, SWA's network is comprised of 24 surf schools and 24 boardrider clubs which service over 60 thousand participants each year.

Boardrider clubs are an integral part of most coastal communities and contribute to the sense of belonging for community members particularly in regional areas. As such, these clubs have an important role in establishing a positive and healthy culture and to foster a safe and supportive environment for people to communicate and share their feelings. This obviously extends to all club members but also non club members who frequently use local beaches and breaks.

As surfers, we are usually in pretty good physical condition, but this does not guarantee our emotional and mental health. In 2022 Surfing WA approached Healthway about its concern around mental health and wellbeing in the surfing community, and the need to be more active in this space.

As a result, a new partnership was formed and with the support of Healthway, Surfing WA aims to provide substantial opportunities to promote positive mental health and wellbeing throughout regional WA.

Aligned with the Think Mental Health campaign, the partnership will work to:

- Promote positive mental health and wellbeing and de-stigmatise mental health issues;
- Assist the capacity of the WA surfing community to respond to mental health concerns and raise awareness of the range of mental health activities and services available; and
- Building resilience and improving the mental health and wellbeing of the WA surfing community.

Think Mental Health Campaign

The WA Mental Health Commission's "Think Mental Health" education campaign is a key initiative of the State-wide suicide prevention strategy, and part of a comprehensive approach to mental health promotion and the prevention of mental health issues.

Its primary focus is to provide information on how to maintain mental health and wellbeing, provide information on what you can do when things aren't going so well and where to get help when it is needed.

To find out more about the Think Mental Health education campaign visit thinkmentalhealth.com.au.





About the toolkit

The Surfing WA Boardriders Mental Health & Wellbeing Toolkit has been developed to raise awareness of mental wellbeing in the boardrider community.

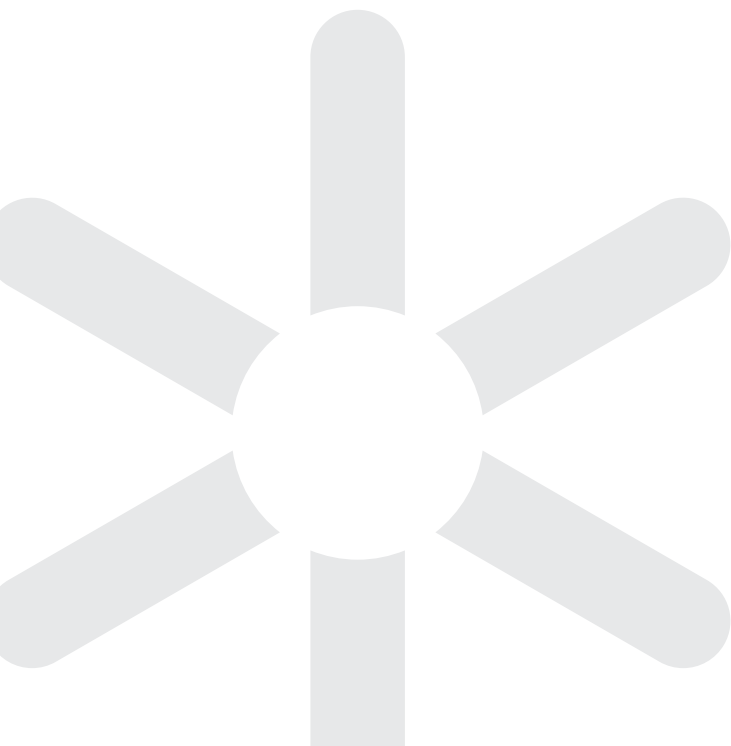
The toolkit aims to provide clubs with evidence-based information on mental wellbeing, including the benefits of promoting mental wellbeing in the community, and strategies to increase and maintain mental wellbeing. In addition, the toolkit provides practical information on mental health issues and/or conditions and how to provide support to others.

Through the use of this toolkit, we hope to raise awareness, encourage conversations, and promote positive action towards supporting mental health and wellbeing within the surfing community.

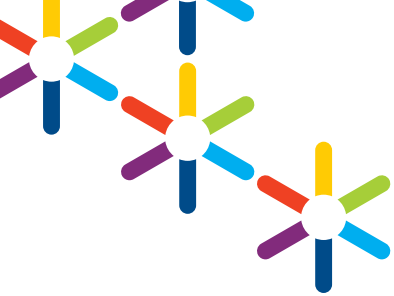
Additional resources will be created throughout the project, to support your club community to create an environment that supports your mental health and wellbeing.

As a local boardrider club you may wish to use one or all of the supplied materials and strategies. You are in the best position to determine what will work best for your club. Surfing WA will continue to offer assistance and support to the boardrider club network.

Our goal is to facilitate total wellness using the water around us, leading to a state of true “swellness”







Partnership phases

Surfing WA has partnered with Healthway since 1991 to deliver health promotion programs within the community and to create healthy environments, specifically focusing on increasing physical activity and sun safety behaviours through promotion of the SunSmart message.

Since 2023, Healthway has supported Surfing WA to promote the Mental Health Commission's Think Mental Health campaign to support a comprehensive approach to improve mental health and wellbeing within the surfing community. The Surfing WA and Healthway partnership has been divided into two phases to ensure a targeted and effective approach.

Phase one: Community Awareness

Why: To create a foundation of knowledge and understanding around mental health that can be used to support all club members.

What: Surfing WA will work with Healthway to identify and implement relevant opportunities to increase awareness of positive mental health and wellbeing on good mental health practices amongst their member base through Boardrider clubs and incorporate promotion of the Think Mental Health campaign and Surfing WA program key messages.

This will include conducting a workshop for the Club President and selected committee members at the 2023 Margaret River Pro event. The focus of the workshop will be on developing skills and strategies to have supportive conversations around mental health.

Phase Two: Community Capacity Building

Why: To build the mental health capacity and empower champions within Surfing WA networks through enhancing opportunities and links to community education and training.

What: Surfing WA will work with Healthway to provide community education and training to interested Surfing WA members and networks through targeted community events, activations and workshops. All community education and capacity building opportunities will be endorsed by Surfing WA and Healthway prior to delivery.



Partnership key messages





Look After Your Mates

Check in on a mate, or someone you care about if they're not going so well. We all have a responsibility to care for and support our friends, particularly during difficult times. By checking in on them regularly, listening to their concerns, and offering help when needed, we can strengthen our friendships and promote mental and emotional wellbeing for everyone involved. Whether it's a simple phone call, a kind gesture, or an invitation to catch a wave together, every effort we make to look after our mates can have a positive impact on their lives and our own.

Recent West Australian research identified that friends and partners are the most common sources of informal support, with over 60% of people seeking personal or emotional help from a friend, partner or family member.¹ Increasing knowledge and awareness of mental health and wellbeing throughout Surfing WA builds capacity within the surfing community to support each other when things aren't going so well.

Action/preferred behaviour:

Look for warning signs: Suicide or mental health problems can often be prevented by recognizing the warning signs. Some common warning signs include feelings of hopelessness, withdrawal from family and friends, increased alcohol and drug use, and changes in sleep patterns.

Getting help early can make a difference, sometimes people may need support while they look for professional or formal support. A good place to start is:

- Talking to a GP, or someone you trust.
- Calling a support line.
- Contacting a support service.

If someone you are concerned about is in a life threatening situation or is at risk of harm to themselves or others, call 000.

¹ Mental Health Commission, Mental wellbeing in Western Australian: Key findings from the Think Mental Health Attitudinal Research 2021, MHC, Government of Western Australia, 2022.



Talking and Listening are Powerful

You don't need to be an expert to talk to someone who isn't going so well.

While you may feel uncomfortable talking to someone about your concerns regarding their mental health, simply letting them know you care can make a difference to how they are feeling, and may pave the way for you to start a conversation with them.

By talking and listening you can create an opportunity to encourage someone to seek help if needed. Everyone experiences mental health issues at some time in their lives, and it is vital not to underestimate the importance of just being there for someone.

Action/preferred behaviour:

Talk and listen to others. Pick an environment where the person will feel comfortable so you can talk without distractions. Try and find a quiet place with a relaxed atmosphere. Some ideas such as:

- A nice place to go for a walk in a park or along the beach
- Catch up for a coffee
- Go for a drive

Do an activity together you know they usually enjoy such as kicking a football or going fishing so that you can talk while the focus is not entirely on them.

Start the conversation by telling them that you have noticed that they don't seem their usual self and describe the changes you've noticed in their mood or behaviour. Tell them you are worried about them and ask about what is bothering them. Some phrases that might help you get started:

- You don't seem yourself lately, what's going on?
- Tell me about what is going on?
- What's happening for you?
- I've noticed you haven't been going out lately, is there anything you'd like to talk about?



Reach out if things get too rough

It's important to seek help and support when we're struggling with difficult emotions or situations. Many people feel ashamed or embarrassed to ask for help, but it's important to remember that seeking support is a sign of strength. Whether it's talking to a trusted friend, family member, or mental health professional, reaching out can provide us with the tools and resources we need to manage our emotions and cope with challenging circumstances. It's important to remember that we don't have to face our problems alone, and that there are people and resources available to help us navigate even the toughest of situations. By reaching out when things get too rough, we can take an important step towards healing, growth, and resilience.

Action/preferred behaviour:

Contact someone. You can call a crisis line, talk to a trusted friend or family member, or visit your local health care provider. There are many mental health and related support services available in Western Australia and throughout Australia, finding the right service for you can make a difference. We have provided a number of local and national service contacts throughout this resource covering a variety of support options (see 'Regional Contacts' tab).

If you need support or someone to talk to, please contact:

Here For You: 1800 437 348	Mental Health Emergency Response Line: 1300 555 788 (Metro) or 1800 676 822 (Peel)	Lifeline: 13 11 14	Beyond Blue: 1300 224 636	Alcohol and Drug Support Line: 9442 5000 or 1800 198 024 (regional)	Suicide Call Back Service: 1300 659 467	13YARN: 13 92 76
--------------------------------------	---	------------------------------	-------------------------------------	--	---	----------------------------

In a life-threatening emergency call 000 or visit your nearest emergency department.



Mental health challenges can affect anyone

Mental health is an important aspect of overall health and wellbeing, and we all have unique ways of responding to triggers, as different things can affect people differently. Mental health challenges can impact people from all walks of life, regardless of their age, gender, race, or socio-economic status. It's important to recognise that mental health challenges are not a personal failing or a sign of weakness, but rather a common and treatable health condition. By promoting awareness and reducing stigma around mental health, we can help to create a more supportive and inclusive society, where everyone can access the resources and support they need to manage their mental health and lead fulfilling lives.

Action/preferred behaviour:

Reduce stigma around mental health issues. By acknowledging that mental health challenges can affect anyone, the hope is that people will become more understanding, compassionate, and supportive towards individuals who are struggling with mental health issues. This can include encouraging individuals to seek professional help, reaching out to friends or loved ones who may be struggling, and creating a safe and inclusive environment for those who may be experiencing mental health challenges.



Engage in relaxation

Relaxation is such an important part of self-care and can help to reduce stress, improve mood, and promote overall health and wellbeing. Engaging in relaxation can take many different forms, such as meditation, yoga, deep breathing, or simply taking time to engage in enjoyable activities. By making relaxation a regular part of our lives, we can help to reduce the negative impact of stress on our bodies and minds, and promote greater feelings of calm, balance, and happiness. We can remind people to be more aware of the present moment, including their feelings and thoughts, their body and the world around them. Encouraging them to think about their experiences and how they feel, as this will help them realise what matters to them and how to approach different challenges.

Action/preferred behaviour:

Encouragement to make relaxation part of your routine.

By prioritizing relaxation and stress reduction, individuals can lead healthier, more balanced lives.





Maintain connection with something you love

The ocean and waves are always there. We can encourage someone to connect with the other people and nature around them. It's important to spend time on these relationships and in a natural environment without distraction. Engaging in activities that we enjoy can provide us with a sense of purpose, fulfillment, and joy, and can help us to cope with stress and challenges. Whether it's looking at the waves, walking on the beach, surfing, body boarding, stand-up paddling or just dipping in the ocean, maintaining a connection with something we love can provide a much-needed source of relaxation and rejuvenation. It's important to prioritise our hobbies and interests, and to make time for them in our busy lives. By staying connected to something we love, we can cultivate a greater sense of meaning and fulfillment and live a more balanced life.

Action/preferred behaviour:

Stay connected. Staying connected with friends and family is important for maintaining good mental health. Make an effort to stay in touch with the people you care about, even if it's just a quick text or phone call.



Mental wellbeing in Western Australia

A snapshot of mental wellbeing in Western Australia

In 2021:

Visit thinkmentalhealth.com.au for more information.



More than half of Western Australians were classified as having low or moderate levels of mental wellbeing (58%).



Two in 5 Western Australians reported acting 'daily or almost daily' to look after their mental health and wellbeing (41%). This was a decrease from 2020 (46%).



Most Western Australians could recall at least one action that someone can do to maintain their mental health and wellbeing (91%), with exercise, healthy eating, social interaction and talking to loved ones being the most frequently cited.



One in 3 Western Australians did not feel confident maintaining their mental wellbeing.



Two in 3 Western Australians felt confident in their ability to maintain their mental health and wellbeing (64%). This was a decrease from 2020 (69%).



Fewer Western Australians were placing importance on actions that are known to maintain their mental health and wellbeing.



Two in 5 were classified as having high mental wellbeing (42%).



Maintaining perspective, getting enough sleep, exercising regularly and working in a job or finding an activity that is meaningful where the factors that most strongly predicted the likelihood of experiencing high wellbeing.



Two in 5 Western Australians had discussed their feelings or emotions with someone in the past week (40%).



Job insecurity, a lack of support from family or friends and loneliness reduced the likelihood of experiencing high wellbeing.

Understanding mental wellbeing

Mental wellbeing is a reflection of our psychological, emotional, physical and social states. It is the ability of an individual to maintain connections, contribute to their community, and cope with normal life stressors, events or challenges. Mental wellbeing is tangible and measurable.

A person's mental wellbeing can fluctuate regularly and can be influenced by genetics and personality, as well as life experiences such as work/study pressures, family relationships, natural disasters and unexpected changes in daily routines. Other influences on mental wellbeing are embedded in the shared environments in which people are born, grow, learn, work, play and live.

It is important to acknowledge that a person's mental wellbeing and the presence of a mental health condition are two distinct, but related experiences. Every person experiences their own level of mental wellbeing, whether they have a diagnosed mental health condition or not.

The dual-continua model (Figure 1) shows how a person can have a diagnosed mental health condition and still experience high, moderate or low mental wellbeing. Conversely, a person can experience moderate or low mental wellbeing without a diagnosed mental health condition.

High levels of mental wellbeing can be described as a predominantly positive state, broadly defined as feeling good emotionally and functioning well psychologically and socially. This does not mean a person feels good all the time. Life has ups and downs, and all people experience difficult or painful emotions like sadness, worry and frustration. Being able to acknowledge and understand these emotions is a key component of mental wellbeing, helping us to cope when times are tough.

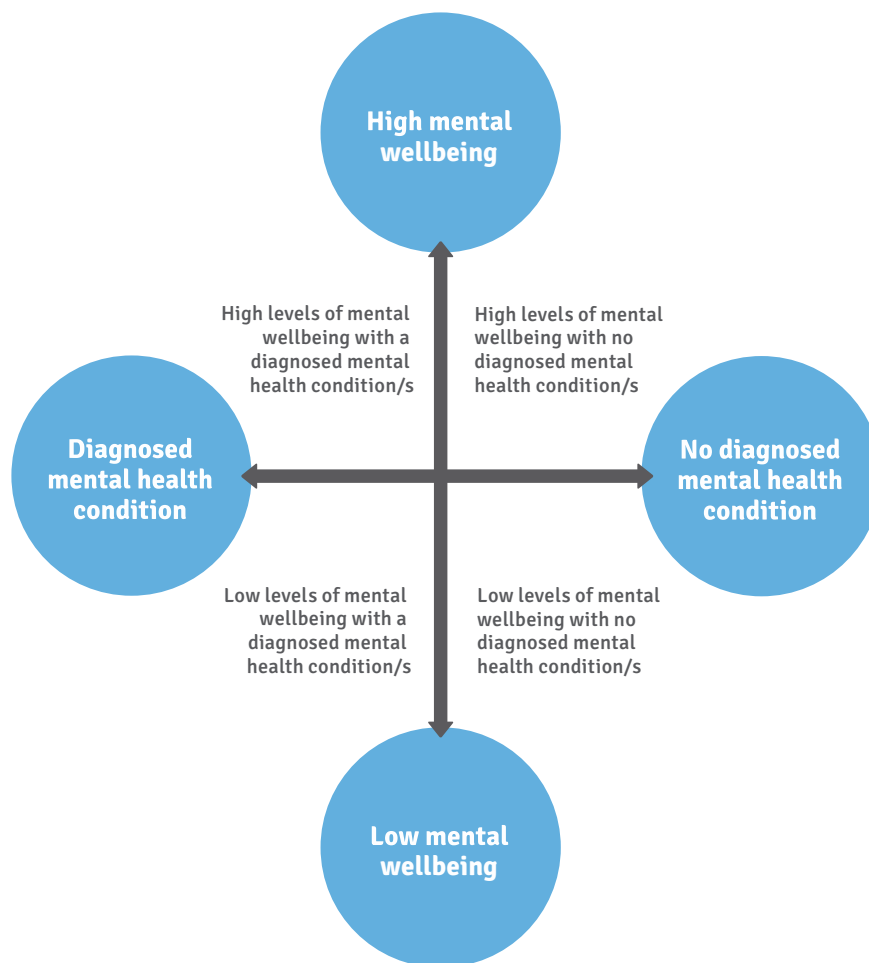
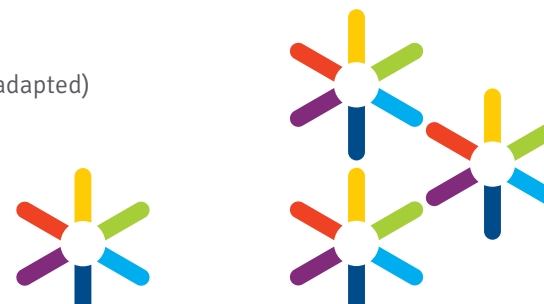


Figure 1 Dual continua model of mental health (adapted)



Self-care behaviours

Most Western Australians are aware of self-care behaviours that can be implemented to support mental health and wellbeing. In 2021, 91% of participants could recall at least one action a person can do to maintain their mental health and wellbeing, with exercising regularly (69%), healthy eating (43%), social interaction (31%) and talking to loved ones (28%) being the most frequently cited.

In 2021, there was a decrease in the perceived importance of actions that one can take to maintain their mental health and wellbeing, compared to levels of perceived importance in 2020.

In 2021, 4 in 5 Western Australians believed that getting enough sleep and healthy eating were important in maintaining health and wellbeing (80% and 79%, respectively). A slightly smaller proportion believed that spending quality time with close friends and family is important (78%), as is having someone to talk to who can provide support and reassurance and exercising regularly (77% each).

Actions with the lowest levels of perceived importance included cutting down on alcohol and drugs (66%), setting goals (64%), giving to others by volunteering (63%) and learning a new skill (58%).

Confidence to maintain mental health and wellbeing

The proportion of Western Australians who felt confident in their ability to maintain their mental health and wellbeing declined slightly in 2021 (64%), compared to 2020 (69%).

When people were asked to consider all the things that matter to them, the proportion of people who felt that maintenance of their own mental health and wellbeing is important declined slightly from 87% in 2020 to 83% in 2021.





Education and training guide



Mental Health Awareness:

Regional Men's Health Initiative: 'Awareness Chat' at relevant function/club event.

Delivery method: Face-to-Face

Duration: 15-30 minutes

Local Health Service Provider 'Awareness Chat' at relevant function/club event.

Delivery method: Face-to-Face

Duration: 15-30 minutes

See local service provider contacts located in the 'Regional Contacts' tab for details in your area.

Mental Health Education:

Regional Men's Health Initiative: Warrior Wellbeing Education Sessions

Delivery method: Face-to-Face

Duration: 45-60 minutes

Mental Health & Wellbeing and Suicide Awareness - Tailored Session

Developed in conjunction with individual Club representatives and the Wheatbelt Suicide Prevention Coordinator (duration and topics to be determined through co-design process).

See local Suicide Prevention Coordinator contacts located in the 'Regional Contacts' tab for contact details in your area.

Mental Health Training:

LivingWorks: Start Training

LivingWorks Start is a 90-minute online training program to learn how to recognise when someone is having thoughts of suicide and respond to keep them safe.

Training features:

- An evidence-based practical four-step model to keep someone safe from suicide
- Interactive simulations and scenarios to practice your skills
- Lifetime access to resources and refresher training

Delivery method: Online

Email: info@livingworks.com.au

Phone: 1300 738 382

Lifeline WA: Accidental Counsellor Workshop

Accidental Counsellor is aimed at those who would like to be able to safely and effectively support friends, family, colleagues, and strangers who are in distress or experiencing a crisis. The skills learnt in the Accidental Counsellor workshop can be applied in many contexts, and will provide participants with skills in active listening, calming and effective gentle questioning. You will also learn how to ask openly about suicide risk and respond safely, whatever the answer.

Delivery method: Online

Duration: 1 ½ hours online prelearning followed by a 3 ½ hour online session.

Enquire about training online:

<https://www.lifeline.org.au/get-involved/workplace-training/form/>

LivingWorks: safeTALK

safeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Learn how to identify the signs of people who may have thoughts of suicide, the simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe and how to connect people to life-saving resources and supports.

Delivery method: Face-to-Face

Duration: 4 hours

Email: info@livingworks.com.au

Phone: 1300 738 382

Mental Health First Aid Australia: Standard Mental Health First Aid

Standard Mental Health First Aid (MHFA) training helps mobilise and empower adults in the workplace and community by equipping them with the knowledge, skills, and confidence to recognise, understand and respond to another adult experiencing a mental health problem or mental health crisis.

Delivery method: Face-to-Face

Duration: 2 days

Email: mhfa@mhfa.com.au

Phone: +61 3 9079 0200

Further Information:

For further information about mental health awareness, education and training opportunities please contact info@surfingwa.com.au

A collaborative program between:







Where to get help in the Pilbara

Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000).

Mental Health Emergency Response Line (MHERL)

For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers referred to acute response teams.

☎ 1800 552 002 (Country/Rurallink)

🌐 mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed.

☎ 1300 224 636

🌐 beyondblue.org.au

Lifeline

Support for anyone in a crisis situation.

☎ 13 11 14

🌐 lifelinewa.org.au

Suicide Call Back Service

Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

☎ 1300 659 467

🌐 suicidcallbackservice.org.au

Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

☎ 9442 5000 (Metro) or 1800 198 024 (Country)

🌐 mhc.wa.gov.au/alcoholanddrugsupportline

Mensline Australia

Supports men and boys dealing with family and relationship concerns.

☎ 1300 789 978

🌐 mensline.org.au

Find services

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission

🌐 mhc.wa.gov.au/getting-help

Online service directory

My Services online directory

🌐 myservices.org.au

Community Treatment and Support

Community Mental Health and Drug Services

Community-based clinical mental health treatment and AOD services for adults and young people. This includes specialised child, adolescent and older adult mental health services. Delivered by WACHS

☎ Port Hedland 9174 1240

☎ Karratha 9194 2640

☎ Newman 9174 1240

🌐 wacountry.health.wa.gov.au/

Pilbara Alcohol and Drug Service

Comprehensive range of free and confidential AOD services for adults and young people. Provided by Mission Australia

☎ South Hedland 9174 4800

☎ Karratha 9174 4800

☎ Newman 9174 4800

🌐 mhc.wa.gov.au/CADS

Alcohol and drug rehabilitation

Bloodwood Tree Association - counselling and sobering up centre

☎ South Hedland 9138 3000

🌐 bloodwoodtree.org.au/

Yaandina Community Services - detox and sobering up centre

☎ Roebourne 9182 1363

🌐 yaandina.org.au/

General information

General mental health and wellbeing

Think Mental Health

🌐 thinkmentalhealthwa.com.au

Act Belong Commit

🌐 actbelongcommit.org.au

Coping with isolation

Black Dog Institute

🌐 blackdoginstitute.org.au

Beyond Blue

🌐 beyondblue.org.au

Alcohol and other drug information

Alcohol.Think Again

🌐 alcoholthinkagain.com.au

Drug Aware

🌐 drugaware.com.au

Harm Reduction Australia

🌐 harmreductionaustralia.org.au

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind

🌐 strongspiritstrongmind.com.au

Aboriginal Health Council of Western Australia

🌐 ahcwa.org.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.




Where to get help in the Kimberley

Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000). 

Mental Health Emergency Response Line (MHERL)

For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers referred to acute response teams

☎ 1800 552 002 (Country/Rurallink)

🌐 mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed.

☎ 1300 224 636

🌐 beyondblue.org.au

Lifeline

Support for anyone in a crisis situation.

☎ 13 11 14

🌐 lifelinewa.org.au

Suicide Call Back Service

Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

☎ 1300 659 467

🌐 suicidecallbackservice.org.au

Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

☎ 1800 198 024 (Country)

🌐 mhc.wa.gov.au/alcoholanddrugsupportline

Mensline Australia

Supports men and boys dealing with family and relationship concerns.

☎ 1300 789 978

🌐 mensline.org.au

Find services

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission

🌐 mhc.wa.gov.au/getting-help

Online service directory

My Services online directory

🌐 myservices.org.au

Community Treatment and Support

Community Support Services

Broome Community Recovery Centre

☎ Broome 9193 7153

Community Mental Health Services

Community-based clinical treatment for adults and older with moderate to severe mental health issues and AOD services for adults and young people. Delivered by WA Country Health Service

☎ Broome 9194 2640

☎ Kununurra 9166 4350

☎ Derby 9193 3605

☎ Halls Creek 9166 4688

☎ Fitzroy Crossing 9194 2867

🌐 wacountry.health.wa.gov.au/

Alcohol and drug rehabilitation

Cyrenian House Milliya Rumurra

☎ 9192 6400

🌐 cyrenianhouse.com/cyrenian-house-milliya-rumurra-outreach-service/

Sobering Up Centres

A safe environment for people found intoxicated in public. Facilities include beds, showers, clothes and a meal plus referral to other agencies and services if required. Provided by Carnarvon Family Support Services.

Garl Garl Walbu Alcohol Association Aboriginal Corporation

☎ Derby 9193 1665

Nindilingarri Cultural Health Services

☎ Fitzroy Crossing 9193 0093

Milliya Rumurra Aboriginal Corporation - Sobering Up Shelter

☎ Broome 9193 7516

Garl Garl Walbu Sobering Up Shelter

☎ Kununurra 9168 3296

Ngnowar Aerwah Aboriginal Corporation Sobering Up Centre

☎ Wyndham 9161 1496

General information

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind

🌐 strongspiritstrongmind.com.au

Aboriginal Health Council of Western Australia

🌐 ahcwa.org.au

Alcohol and other drug information

Alcohol.Think Again

🌐 alcoholthinkagain.com.au

Drug Aware

🌐 drugaware.com.au

Harm Reduction Australia

🌐 harmreductionaustralia.org.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.



Where to get help in the Goldfields

Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000).

Mental Health Emergency Response Line (MHERL)

For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers referred to acute response teams.

1300 555 788 (Metro)
1800 676 822 (Peel)
1800 552 002 (Country/Rurallink)
 mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed.

1300 224 636
 beyondblue.org.au

Lifeline

Support for anyone in a crisis situation.

13 11 14
 lifelinewa.org.au

Suicide Call Back Service

Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

1300 659 467
 suicidecallbackservice.org.au

Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

9442 5000 (Metro) or 1800 198 024 (Country)
 mhc.wa.gov.au/alcoholanddrugsupportline

Mensline Australia

Supports men and boys dealing with family and relationship concerns.

1300 789 978
 mensline.org.au

Find services

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission
 mhc.wa.gov.au/getting-help

Online service directory

My Services online directory
 myservices.org.au

Community Treatment and Support

Community Mental Health and Alcohol and Drug Services

Community-based clinical mental health treatment and AOD services for adults and young people. This includes specialised child, adolescent and older adult mental health services

Kalgoorlie 9088 6200
 Esperance 9071 0444
 wacountry.health.wa.gov.au/

Goldfields Community Alcohol and Drug Service

Comprehensive range of free and confidential AOD services for adults and young people. Delivered by Hope Community Services

Esperance 9071 5169
 Kalgoorlie 9021 3069
 Leonora 9037 7661
 hopecommunityservices.org.au/

Community mental health residential service

Short-term residential support to prevent hospital admission, support early discharge and promote recovery in the community

Kalgoorlie step up/step down service
 Kalgoorlie 6323 8987
 mhc.wa.gov.au/stepupstepdown

Alcohol and drug rehabilitation

Goldfields Rehabilitation Services - Detox and rehabilitation services

9021 4732
 grsi.org.au

Ngaanyatjarra Health Service - support and referral services

Blackstone 8956 7675
 nghealth.org.au/

Bega Gambirringu Health Service - Sobering up service

9022 5500
 bega.org.au/

Community mental health step up/step down service

Short-term residential support to prevent hospital admission, support early discharge and promote recovery in the community

Kalgoorlie 6362 8987
 mhc.wa.gov.au/stepupstepdown

General information

General mental health and wellbeing

Think Mental Health
 thinkmentalhealthwa.com.au
Act Belong Commit
 actbelongcommit.org.au

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind
 strongspiritstrongmind.com.au
Aboriginal Health Council of Western Australia
 ahcwa.org.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.




Where to get help in the Wheatbelt


Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000). 


Mental Health Emergency Response Line (MHERL)



For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers referred to acute response teams. 

 1300 555 788 (Metro)
1800 676 822 (Peel)
1800 552 002 (Country/Rurallink)
 mhc.wa.gov.au/mherl


Support helplines



Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed. 


 1300 224 636
 beyondblue.org.au



Lifeline

Support for anyone in a crisis situation. 


 13 11 14
 lifelinewa.org.au



Suicide Call Back Service

Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide. 


 1300 659 467
 suicidecallbackservice.org.au



Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use. 

 9442 5000 (Metro) or 1800 198 024 (Country)
 mhc.wa.gov.au/alcoholanddrugsupportline

Mensline Australia

Supports men and boys dealing with family and relationship concerns. 


 1300 789 978
 mensline.org.au

Find services

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission
 mhc.wa.gov.au/getting-help

Online service directory

My Services online directory
 myservices.org.au

Community Treatment and Support



Wheatbelt Community Alcohol and Drug Service

Comprehensive range of free and confidential AOD services for adults and young people. Provided by Holyoake

 Northam 9621 1055
 Narrogin 9881 1999
 Merredin 9081 3396
 mhc.wa.gov.au/CADS


Alcohol and drug rehabilitation

Fresh Start Recovery Programme

 9381 1333
 freshstart.org.au/

Community mental health support

Personalised mental health support and family and carer support
Share and Care Community Services

 Northam 9622 2828
 shareandcare.com.au


General information

General mental health and wellbeing

Think Mental Health


 thinkmentalhealthwa.com.au

Act Belong Commit


 actbelongcommit.org.au

Coping with isolation

Black Dog Institute

 blackdoginstitute.org.au

Beyond Blue


 beyondblue.org.au

Alcohol and other drug information


Alcohol.Think Again

 alcoholthinkagain.com.au

Drug Aware


 drugaware.com.au

Harm Reduction Australia


 harmreductionaustralia.org.au

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind



 strongspiritstrongmind.com.au

Aboriginal Health Council of Western Australia

 ahcwa.org.au

Western Australian COVID-19 health, information and advice

Department of Health - Healthy WA

 13 COVID (132 68 43)
 healthywa.gov.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.



Where to get help in the South West

Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000).

Mental Health Emergency Response Line (MHERL)

For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers referred to acute response teams.

1300 555 788 (Metro)
1800 676 822 (Peel)
1800 552 002 (Country/Rurallink)
 mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed.

1300 224 636
 beyondblue.org.au

Lifeline

Support for anyone in a crisis situation.

13 11 14
 lifelinewa.org.au

Suicide Call Back Service

Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

1300 659 467
 suicidecallbackservice.org.au

Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

9442 5000 (Metro) or 1800 198 024 (Country)
 mhc.wa.gov.au/alcoholanddrugsupportline

Mensline Australia

Supports men and boys dealing with family and relationship concerns.

1300 789 978
 mensline.org.au

Find services

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission
 mhc.wa.gov.au/getting-help

Online service directory

My Services online directory
 myservices.org.au

Community Treatment and Support

Community Mental Health Services

Community-based clinical treatment for adults and older with moderate to severe mental health issues. Delivered by WACHS

Bunbury 9772 1300
 wacountry.health.wa.gov.au

Child and Adolescent Mental Health Service (CAMHS)

Community based clinical treatment for people 0-17 with persistent mental health issues. Delivered by WACHS

Bunbury 9772 4300
 wacountry.health.wa.gov.au

South West Community Alcohol and Drug Service

Comprehensive range of free and confidential AOD services for adults and young people

Bunbury 9721 9256
 Busselton 9721 9256
 sjog.org.au/our-services/community-and-youth-services/south-west-community-alcohol-and-drug-service

Community mental health step up/step down service

Short-term residential support to prevent hospital admission, support early discharge and promote recovery in the community

Bunbury 1800 742 466
 mhc.wa.gov.au/stepupstepdown

Alcohol and drug rehabilitation

Nannup Therapeutic Community (Cyrenian House)

9756 0100
 cyrenianhouse.com/nannup-therapeutic-community

Beela Valley Therapeutic Community (Palmerston Association)

6724 6900
 palmerston.org.au/

Community residential mental health services

Support for people living with mental illness

Community Supported Residential Units

Richmond Wellbeing Busselton 9781 1200
 rw.org.au

Individualised Community Living Strategy (Chorus)

Bunbury 97 92 6777
 chorus.org.au/mental-health/individualised-community-livingstrategy-program-icls/

General information

Alcohol information

Alcohol.Think Again
 alcoholthinkagain.com.au

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind
 strongspiritstrongmind.com.au
Aboriginal Health Council of Western Australia
 ahcwa.org.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.



Where to get help in the Midwest

Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000).

Mental Health Emergency Response Line (MHERL)

For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers referred to acute response teams.

☎ 1300 555 788 (Metro)
1800 676 822 (Peel)
1800 552 002 (Country/Rurallink)
🌐 mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed.

☎ 1300 224 636
🌐 beyondblue.org.au

Lifeline

Support for anyone in a crisis situation.

☎ 13 11 14
🌐 lifelinewa.org.au

Suicide Call Back Service

Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

☎ 1300 659 467
🌐 suicidecallbackservice.org.au

Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

☎ 9442 5000 (Metro) or 1800 198 024 (Country)
🌐 mhc.wa.gov.au/alcoholanddrugsupportline

Mensline Australia

Supports men and boys dealing with family and relationship concerns.

☎ 1300 789 978
🌐 mensline.org.au

Find services

Online service directory

My Services online directory
🌐 myservices.org.au

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission
🌐 mhc.wa.gov.au/getting-help

Community Treatment and Support

Midwest Community Mental Health and Alcohol and Drug Services

Community-based clinical mental health treatment and AOD services for adults and young people. This includes specialised child, adolescent and older adult mental health services

☎ Carnarvon 9941 0545
☎ Meekatharra 9981 0625
☎ Geraldton 9956 2424
☎ Exmouth 9949 3666
🌐 wacountry.health.wa.gov.au

Community mental health step up/step down service

Short-term residential support to prevent hospital admission, support early discharge and promote recovery in the community

☎ Geraldton 6323 8980
🌐 mhc.wa.gov.au/stepupstepdown

Midwest Alcohol and Drug Service

Comprehensive range of free and confidential AOD services for adults and young people. Based in Geraldton with outreach services to Kalbarri, Dongara, Northampton, Mullewa, Morawa, Three Springs, Eneabba, Yalgoo, Cue, Mt Magnet, Meekatharra and Wiluna

☎ Geraldton 9956 2424
🌐 mhc.wa.gov.au/cads

Alcohol and drug rehabilitation

Hope Springs Community Farm Therapeutic Community

☎ Walkaway 9921 7409
🌐 hopecommunityservices.org.au

Sobering Up Centre

A safe environment for people found intoxicated in public. Facilities include beds, showers, clothes and a meal plus referral to other agencies and services if required. Provided by Carnarvon Family Support Services.

☎ Carnarvon 9941 1251
🌐 cfss.org.au

General information

General mental health and wellbeing

Think Mental Health
🌐 thinkmentalhealthwa.com.au
Act Belong Commit
🌐 actbelongcommit.org.au

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind
🌐 strongspiritstrongmind.com.au
Aboriginal Health Council of Western Australia
🌐 ahcwa.org.au

Alcohol information

Alcohol.Think Again
🌐 alcoholthinkagain.com.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.



Where to get help in the Great Southern

Support with mental health and alcohol and other drug use

Urgent mental health assistance

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000).

Mental Health Emergency Response Line (MHERL)

For anyone involved in a mental health emergency in the community – both members of the public and health professionals. Callers referred to acute response teams.

1300 555 788 (Metro)
1800 676 822 (Peel)
1800 552 002 (Country/Rurallink)
 mhc.wa.gov.au/mherl

Support helplines

Beyond Blue

Free online and telephone support for anyone feeling anxious or depressed.

1300 224 636
 beyondblue.org.au

Lifeline

Support for anyone in a crisis situation.

13 11 14
 lifelinewa.org.au

Suicide Call Back Service

Telephone, online and video counselling for people 15 and over. Professional support for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide.

1300 659 467
 suicidecallbackservice.org.au

Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use.

9442 5000 (Metro) or 1800 198 024 (Country)
 mhc.wa.gov.au/alcoholanddrugsupportline

Mensline Australia

Supports men and boys dealing with family and relationship concerns.

1300 789 978
 mensline.org.au

Find services

Online service directory

My Services online directory
 myservices.org.au

Mental health and alcohol and other drug services in Western Australia

Mental Health Commission
 mhc.wa.gov.au/getting-help

Community Treatment and Support

Community Mental Health Services

Community-based clinical mental health treatment and AOD services for adults and young people. This includes specialised child, adolescent and older adult mental health services. Delivered by WACHS

Albany 9892 2440
 Katanning 9821 6341
 wacountry.health.wa.gov.au/Our-services/Great-Southern/Great-Southern-health-services/Great-Southern-mental-health-services

Great Southern Community Alcohol and Drug Service

Comprehensive range of free and confidential AOD services for adults and young people

Albany 9892 2100
 Katanning 9821 8306
 Denmark 9892 2100
 mhc.wa.gov.au/CADS

Community mental health step up/step down service

Short-term residential support to prevent hospital admission, support early discharge and promote recovery in the community

Albany 6323 8900
 mhc.wa.gov.au/stepupstepdown

Alcohol and drug rehabilitation

Nannup Therapeutic Community (Cyrenian House)

9756 0100
 cyrenianhouse.com/nannup-therapeutic-community/

Community residential mental health services

Support for people living with mental illness

Albany Halfway House Association

Albany 9842 2612
 albanyhalfwayhouse.org.au

Individualised Community Living Strategy (Chorus)

Albany 9842 5987
 chorus.org.au/mental-health/individualised-community-livingstrategy-program-icls/

General information

General mental health and wellbeing

Think Mental Health
 thinkmentalhealthwa.com.au
Act Belong Commit
 actbelongcommit.org.au

Resources for Aboriginal and Torres Strait Islander people

Strong Spirit Strong Mind
 strongspiritstrongmind.com.au
Aboriginal Health Council of Western Australia
 ahcwa.org.au

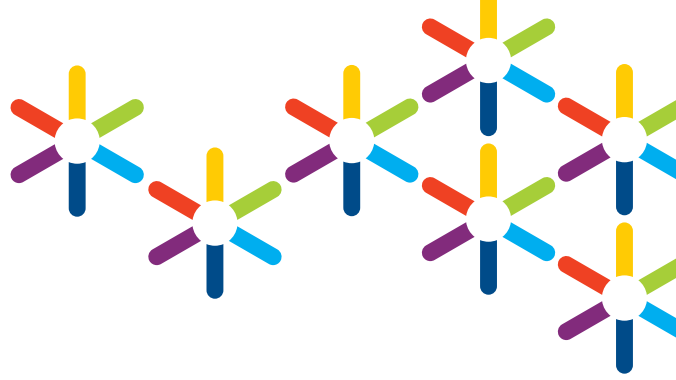
Alcohol information

Alcohol.Think Again
 alcoholthinkagain.com.au

Please note

This brief guide does not capture all sources of information available. To find services near you, visit www.myservices.org.au which provides information about community and private organisations who provide local mental health and alcohol and other drug services within Western Australia.

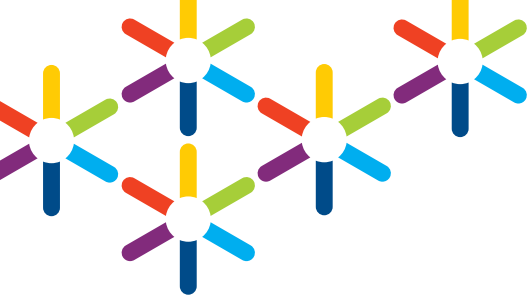




Notes



A series of horizontal dotted lines for writing notes, starting below the blue line and extending to the bottom of the page.



Notes

—

A series of horizontal dotted lines for writing notes.



A guide to language



The language we use when talking about mental health, alcohol and other drugs makes a difference. Language choices can alienate people, contribute to stigma and discrimination and prevent help seeking behaviours.

Constructive and inclusive language promotes safety and helps reduce stigma and negative stereotypes and can also advance efforts to shift the community toward supportive attitudes, beliefs and behaviours.

Key terms and definitions

Mental health

The World Health Organisation definition of mental health states:

*'Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.'*¹

Mental wellbeing

Mental wellbeing reflects our psychological, emotional, physical and social states. It refers to the ability of an individual to maintain connections, contribute to their community and cope with the normal stressors of life, events or challenges.

Mental health issue

A mental health issue refers to when cognitive, emotional or social abilities are diminished, but not to the extent that they meet the criteria for a diagnosed mental health condition.² Mental health issues can occur because of life stressors, are usually less severe than diagnosed mental health conditions and often resolve with time or when an individual's situation changes. If a mental health issue persists or increases in severity, it may develop into a diagnosed mental health condition.³

Mental health condition

A mental health condition is a disorder diagnosed by a medical professional that interferes with an individual's cognitive, emotional or social abilities.² There are many different types of mental health conditions that occur to varying degrees of severity. Examples include: anxiety disorders (such as generalised anxiety disorders and social phobias); mood disorders (such as depression and bipolar disorder); psychotic disorders (such as schizophrenia); eating disorders (such as anorexia and bulimia); and personality disorders (such as borderline personality disorder).⁴

Psychological distress

Psychological distress refers to non-specific symptoms of stress, anxiety and depression. High levels of psychological distress are a sign of poor mental health and may reflect common mental health issues like depression and anxiety.⁵ It is commonly measured with a self-report rating scale. The Kessler Psychological Distress Scale (K10) is a widely used indicator which gives a simple measure of psychological distress in the past 4 weeks.

Mindframe supports safe media reporting, portrayal and communication about suicide, mental health, alcohol and other drugs.

Visit mindframe.org.au for:

- Topic-specific communication guides
- One-on-one advice and information
- Connecting with media-trained suicide, mental health and AOD experts

¹ WHO (World Health Organisation) (2022) [Mental health: strengthening our response](#), WHO website, accessed 15 September 2022.

² AIHW (Australian Institute for Health and Welfare) (2018) [Mental health services—in brief 2018](#), catalogue number HSE 211, AIHW, Australian Government.

³ MHC (Mental Health Commission) (2018) [Western Australian Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018-2025](#), MHC, Government of Western Australia

⁴ MHC (2019) [Mental health conditions](#), Think Mental Health website, accessed 15 September 2022.

⁵ Viertiö S et al. (2021) 'Factors contributing to psychological distress in the working population, with a special reference to gender difference', *BMC Public Health*, 21(1):611, doi:10.1186/s12889-021-10560-y.

How to check in on someone

Helping others and providing support can make a difference for someone who is having problems and going through a tough time. If you think someone you care about isn't going so well, try the following tips on how to support them and continue to check in on them.



Talk

For most people, just asking if they are okay and listening can make a difference.

By simply being there for someone, they can feel less alone and more supported to open up and talk about how they are really feeling.

Asking open ended questions that require a response is a good way to start the conversation.

FOR EXAMPLE:

- How are you going? What's been happening in your life lately?
- You don't seem quite yourself lately, is something bothering you?
- You seem upset or worried, what's going on? Can I help with something?
- I've noticed you're not going out much lately, anything going on?



Listen

Just being there for someone and offering a listening ear can make a difference.

1. Show them that you care and are here to listen to them.
2. Have patience, let others talk and don't judge.
3. Be reflective by repeating what they have said.
4. Keep calm and accept that they may disagree with you.



Provide support

If the person you're concerned about is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

They may also need your support while they look for professional help.



Do an activity together

Activities create conversation. Find an opportunity during everyday life activities to start the conversation and ask them how they are really feeling. Try doing activities together such as:



GOING FOR A SURF



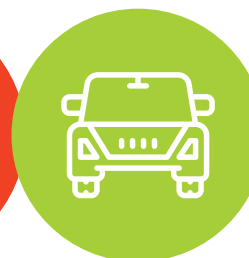
GOING TO AN EVENT TOGETHER



GOING FOR A COFFEE OR A MEAL



CHECKING THE SURF CONDITIONS



GOING FOR A DRIVE



ANYTHING THAT ENCOURAGES OR PROVIDES AN OPPORTUNITY TO HAVE A CHAT


think
MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au

How to access free and low-cost help for a mental health issue in Western Australia

There are many free and low-cost services available for people who have financial difficulties (e.g. unemployed or have a healthcare/concession card). These services can be accessed via any GP.



How a GP can help

By talking with you about what is happening and working with you to determine what support is best for you.

This could include:

- Access to self-help resources, support groups, online support and referrals to community services.
- Setting up a Mental Health Care Plan which can allow you to claim a Medicare rebate for up to six visits to a clinical psychologist, mental health or allied mental health professional.
- Depending on your needs, your GP can also refer you for an additional four sessions if required.

Note: For your first visit, please request a 30-minute appointment.



What happens when a GP bulk bills?

Any GP can refer you to the appropriate services. However, with a bulk billing GP the bill for your appointment is sent directly to Medicare and there will be no out of pocket payment for you.

Not all GPs bulk bill – please ask when you book your GP appointment.



How to access a bulk billing GP?

Anyone who is registered with Medicare and has a Medicare card can access a bulk-billing GP. If you are not enrolled with Medicare, you can complete an enrolment form online or visit your nearest Medicare office.



Where to find your nearest bulk billing GP

To find a GP that bulk bills, visit:
1800bulkbill.com.au/
healthengine.com.au/find/bulk-billing-gp/WA/

Services your GP can refer to

Perth Metro

To check if you are eligible for any of the services below, please speak to your GP.

PORTS (Practitioner Online Referral Treatment Service)

Free telephone and online psychological assessment for people aged 16+ experiencing anxiety, depression or substance use issues. Appropriate treatment will be offered, if required.

MH Connex

Free care management for people aged 18+ experiencing significant mental health issues who require a consistent point of contact and connection to other support services.



Child and Adolescent Brief Intervention Services

Free short-term, face-to-face counselling services for children and adolescents (4-15 years).



Country WA

Mental Health Portal

Free psychological treatment for people living in country areas experiencing a range of mental health issues.



Once the GP has referred you to the Mental Health Portal



you will receive a phone call from a mental health professional



who will organise an assessment to determine what services are needed.


think
MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au

Mental health in Western Australia

What's happening?

In Western Australia:

One person dies every day by suicide. That's more than the road toll.

Nearly 3 out of 4 deaths by suicide are male.

WA's suicide rate was approx 20 per cent higher than the national average in 2016.

A big risk factor for suicide and self-harm is having a mental health issue.

We can reduce the risk of suicide by treating mental health issues early, by building resilience, and improving the overall mental health and wellbeing of Western Australians.



1 IN 5 AUSTRALIANS WILL HAVE A MENTAL HEALTH ISSUE EACH YEAR

\$9.0 BILLION

WAS SPENT ON MENTAL HEALTH SERVICES IN AUSTRALIA IN 2015-2016



Where to get help?

If you or someone you know is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health.

It's normal to have ups and downs in life, it happens to all of us. Looking after your mental health enables you to function well and be able to cope when things aren't going so well.

Little things you can do include:



SPEND TIME WITH FRIENDS, LOVED ONES & PEOPLE YOU TRUST



GET ENOUGH SLEEP



TAKE TIME OUT & ENJOY YOUR HOBBIES



KEEP ACTIVE & EAT WELL



TALK ABOUT OR EXPRESS YOUR FEELINGS REGULARLY



REDUCE ALCOHOL CONSUMPTION



AVOID ILLICIT DRUG USE



Signs and symptoms of mental health issues

- * Noticeable change in usual behaviour.
- * Feeling down for some time and not getting better.
- * Problems sleeping.
- * Lack of energy and motivation to do everyday things.
- * Major changes in eating habits.
- * Withdrawal from friends and activities.
- * Increased use of alcohol or other drugs.

think
MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au