

How to seek help

Our mental health changes over time in response to different stressors and experiences. We can all move up and down the mental health continuum. Managing your own mental health is important at all stages of the continuum.

When should you reach out for help?

The earlier the better.

When you are reacting or injured, start the process and know your options. If you are experiencing mental ill-health, reach out for professional help.

Mental fitness	Healthy	Reacting	Injured	Illness
<ul style="list-style-type: none"> » Energised, ready for challenges » Resilient to large stressors » Emotionally aware and thriving » High motivation » Leading others to achieve and flourish » Superior focus, problem solving and decision making » Strong impulse control » Excellent sleep patterns 	<ul style="list-style-type: none"> » Socially engaged with work, friends, footy and family » Recovering quickly from setbacks » Self-aware and managing emotions appropriately » Motivated and flexible » Good decision making and problem solving » Normal sleep patterns 	<ul style="list-style-type: none"> » Irritable, nervous, sad and reactive » Feelings of stress or anxiety » Trouble sleeping » Low motivation » Procrastination and indecisiveness » Withdrawing from social networks » Low resilience to daily stressors 	<ul style="list-style-type: none"> » Feeling moody, irritable or teary » Lacking energy and motivation » Tired, having trouble sleeping » Having trouble concentrating and making decisions » Feeling overwhelmed by emotions » Missing training, or regularly running late » Withdrawn from friends, family 	<ul style="list-style-type: none"> » Social isolation » Excessive anxiety, depression » Can't fulfil obligations » Unable to fall/stay asleep » Feeling worthless or hopeless » Letting people down » Thoughts of self-harm or harming others » Using alcohol to cope

1 Identify signs early — 2 Who is your helper? — 3 You have options — 4 Connect and commit

Are you experiencing symptoms in the orange and red end of the continuum? Have they been occurring for two weeks or more?

The earlier you seek help, the better your outcomes.

Early identification is important! It leads to early intervention. You may reduce the time and severity of your health condition.

Is there someone you trust who you can reach out to? Can they assist you in discovering your professional help networks?

Ask a friend, family member or someone you trust to help you book the appointment.

Helpers might be:
 Family members or partners
 Teammates
 Coach
 Team volunteer

Explore your options – there are different levels of support, depending on your experience and situation.

This could be online or telehealth, or face to face using professional health sources.

Everyone's circumstances and mental health are unique. There is no one size fits all for building mental fitness or managing mental ill-health

Know that seeking help through qualified professionals ensures your privacy and confidentiality by law.

Persevere. Changing mental habits is like building physical fitness skills and requires practice and commitment.

Challenge the belief that 'I should be able to fix things myself'.

Indigenous Artwork by Kirby Bentley, "Together Chasing Dreams". Kirby is a Noongar woman from Ballardong-Whadjuk country.

The advice in this document and the symptoms listed are not exhaustive. This is a general information guide and should not replace seeking the advice of a health professional.

In-Person Support

General Practitioner: Mental Health Care Plan ●●

A support plan for someone who is experiencing mental health issues, referred by a GP/Doctor to an expert, such as a psychologist or mental health consultant.

Individual has access to Medicare rebates for up to 10 individual and 10 group appointments with allied mental health services in a year.

Private Psychologist ●●●●●

You can attend a consultation without a referral, but if you visit a GP, you may be assessed for a Mental Health Plan. To access this service, make an appointment with a psychologist or with your GP/Doctor.

Headspace ●●

Your local headspace centre provides primary mental healthcare and counselling services for 12-25 years.

headspace.org.au/headspace-centres/

Australian Indigenous Psychologists Association ●●●●●

Indigenous Psychologists that can provide face to face or telehealth support for social and emotional wellbeing.

indigenouspsychology.com.au

Over the Phone

Kids Helpline ●●

Free, confidential 24/7 online and phone counselling for young people aged 5 to 25 years, for any issue.

1800 55 1800

Beyondblue ●●

Provides 24/7 general mental health and crisis support, as well as resources and information about mental health.

1300 224 636

Suicide Call Back Service ●●

Provide free counselling for suicide prevention and mental health via the telephone, online and video for anyone affected by suicidal thoughts, 24/7.

1300 659 467

Qlife ●●●●●

Provides anonymous and free LGBTIQ+ peer support and referral for people wanting to talk about sexuality, gender, bodies, feelings or health.

1800 184 527 or webchat at qlife.org.au

1800Respect ●●

For sexual assault, domestic and family violence counselling.

1800 737 732 or 1800respect.org.au

Online Support

Headspace e-help ●●

Online chat support for young people aged 12-25. Includes services for the LGBTIQ+, Indigenous, and culturally diverse communities. From 9am-1am.

headspace.org.au

Beyondblue e-help ●●

Online chat support. Includes services for the LGBTIQ+, Indigenous, and culturally diverse communities.

beyondblue.org.au/get-support/get-immediate-support

Head to Health ●●

Web directory of all mental health services, websites, apps and phone supports across Australia. Includes services for the LGBTIQ+, Indigenous, and culturally diverse communities.

headtohealth.gov.au

Mental Health Online ●

Comprehensive and effective online services and programs, free of charge, if you are experiencing mental distress.

mentalhealthonline.org.au

MoodGYM ●

Interactive self help to help you learn and practise skills to prevent and manage symptoms of depression and anxiety.

moodgym.com.au

This Way Up ●

Range of courses and information to help you understand and improve your wellbeing.

thiswayup.org.au

Mind Spot ●

Free effective internet delivered psychological assessment and treatment for stress, anxiety, worry, depression, low mood.

mindspot.org.au

The Mental Fitness Challenge ●● (Via the Bite Back: Black Dog Institute)

Provide opportunities to learn more about mental fitness, as well as practical ways to improve mental strength and flexibility, through activities and practice strategies.

biteback.org.au/MentalFitnessChallenge/FindOutMore

Smiling Mind Programs ●●

Web and app-based programs developed by psychologists and educators for general, classroom and workplace use.

smilingmind.com.au

National Aboriginal Community Controlled Health Organisation (NACCHO) ●●●●●

National leadership body for Aboriginal and Torres Strait Islander health in Australia. Provides advice and resources on the health and wellbeing services for Aboriginal and Torres Strait Islander peoples.

naccho.org.au

Self Help Apps ●●

Help support your Mental Fitness.

- » Headspace
- » Calm
- » Zen
- » Smiling Mind
- » Total Brain



CRISIS HELP

000 or Your Local Hospital Emergency Department to access tertiary psychiatric triage or crisis team.

Lifeline 24 hour crisis support and suicide prevention services.
Call 13 11 14 or text 0477 131 114