



Tackling mental illness together

1 in 2 Australians experience mental illness in their lifetime

How depression and mental illness affects your life

- Lowered self esteem
- Sustained state of sadness
- Feeling low or numb
- Poor concentration & memory
- Less able to control emotions
- Negative self talk
- Change in sleep & low energy levels
- Poor communication

Please seek professional help if you are experiencing these symptoms for 2 weeks or more.

Asking for help

If you feel like something's wrong, never be afraid to ask for help.

Start by seeing your doctor who will provide an assessment that includes a general check-up to address both your physical and mental health.

They may refer you to a psychiatrist, suggest counselling, or refer you to psychological services and sessions with an exercise physiologist and claim a Medicare rebate.

Additional resources

For more information visit www.blackdoginstitute.org.au

We also recommend checking out:

- R U OK - www.ruok.org.au
- Kids Helpline - www.kidshelpline.com.au
- Headspace - www.headspace.org.au

If you are in a crisis, call **Lifeline on 13 11 14**.