

When should I ask for mental health support?



You are thinking:

- 'I'm a failure.'
- 'It's my fault.'
- 'I'm worthless.'

You are feeling:

- headaches and muscle pains
- feeling sick in the stomach
- sleep problems or constant fatigue

Your behaviours:

- not going out anymore or avoiding family and friends
- relying on alcohol and sedatives
- unable to concentrate

Where to seek help:

- Your GP / local doctor
- Lifeline on 13 11 14
- Beyond Blue on 1300 22 46 36
- Transcultural Mental Health Line on 1800 648 911, Mon-Fri 9am-4:30pm
- NSW Mental Health Line on 1800 011 511
- If you want to speak in your language, please call Telephone and Interpreting Service (TIS) on 131 450 and ask them to ring the Mental Health Line on 1800 011 511
- **Call Triple Zero (000) in an emergency**

When does a loved one need mental health support?



They are saying:

- 'I'm a failure.'
- 'It's my fault.'
- 'I'm worthless.'

Their behaviours:

- avoiding family and friends, or activities they like
- more irritable or distracted
- disturbed sleep or change in appetite

Their appearance:

- tired or anxious
- stressed or worried
- weight gain or weight loss

Where to seek advice on how to support a loved one:

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- Lifeline on 13 11 14
- Beyond Blue on 1300 22 46 36
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