

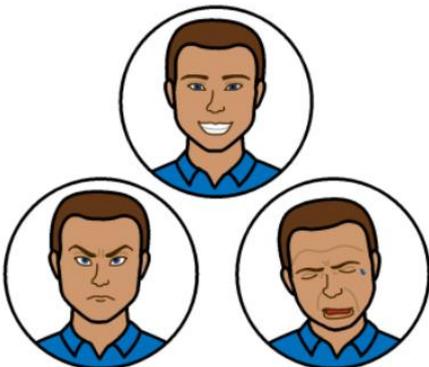
Taking care of someone



Mental Health

Mental health and wellbeing is about healthy thoughts and emotions. Our mental health affects how we see the world and how we understand what is happening around us.

Good mental health helps us enjoy life and to cope well with changes and things that we find hard. If our mental health changes it can impact the way we think, feel and behave. It can lead to:



mood swings



thinking difficulties



behavioural issues

Mental Health



sleep issues



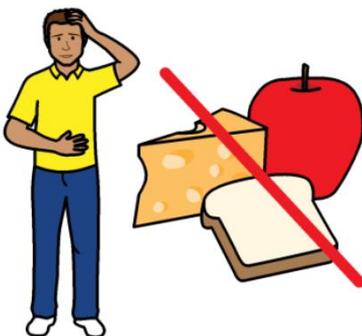
withdrawal



anxiety



depression



eating disorders

Mental Health

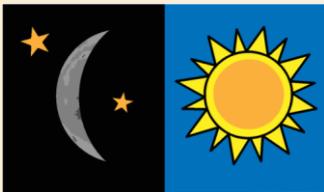


alcohol or drug abuse



being at risk of taking
one's life

If you, or someone you care about, are in crisis and you think immediate action is needed please call emergency services on **000**



24/7 Support

If you, or someone you know, have been impacted by suicide, the following services are available 24 hours a day, 7 days a week. They provide support and counselling for families and friends who have lost someone, or for people impacted by self harm.



Suicide Line Victoria

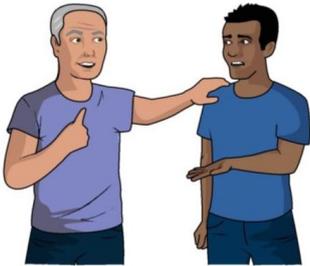
1300 651 251



**National Indigenous
Critical Response**

1800 805 801

#YouCanTalk



1. Ask the question

"I've noticed you haven't been yourself lately. Can we talk about what is troubling you?"



2. Listen and stay

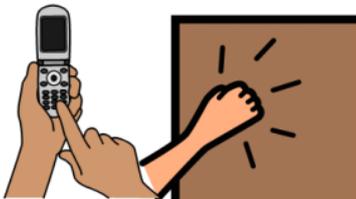
Check the person's safety and do not leave them alone

3. Get help

If someone's life is in danger call

- 000
- Lifeline 13 11 14

or take them to a hospital Emergency Department



4. Follow up

Make sure you check on the person



24/7 Urgent help



000



Lifeline 13 11 14



Please go to your closest hospital
Emergency Department

Prevention and support



Translating and interpreting services. You can call and tell them what language you speak, and they will call the services for you.



13 14 50

Mental health and wellbeing services

Suicide Call Back Service

If you are at risk of suicide, affected by suicide, or concerned about someone else's risk of suicide

 www.suicideline.org.au



1300 659 467

headspace

For young people aged 12 – 25 with mental health concerns.

Dandenong and Narre Warren centres (walk in or phone)

 www.headspace.org.au



1800 367 968

For online confidential support contact www.eheadspace.org.au

Beyond Blue

For depression, anxiety and related concerns

 www.beyondblue.org.au



1300 224 636

Kids Helpline

For kids or young people issues, aged 5 - 25 years with behavioural or mental health issues

 www.kidshelpline.com.au



1800 551 800

Legal assistance			
Legal Aid	For legal representation and advice  www.legalaid.vic.gov.au		1300 792 387
Family and relationships			
Relationships Australia	For work, family and relationship issues  www.relationships.org.au		1300 364 277
QLife	For LGBTI issues or support  www.qlife.org.au		1800 184 527
Alcohol and drugs			
DirectLine	For alcohol and other drug counselling  www.directline.org.au		1800 888 236
Housing			
Launch Housing	For homelessness or at risk homelessness  www.launchhousing.org.au		1800 825 955
Gambling			
Gamblers Help	For gambling help  www.gamblershelp.com.au		1800 858 858
Sexual assault			
Sexual Assault Crisis Line	For sexual assault crisis  www.sacl.com.au		1800 806 292

Taking care of me

If you are caring for, supporting or protecting someone at risk of harm, you need to care for your health too. You can do this by:



seeking support from family



staying connected with your community



asking for assistance from support services

enliven's Health Literacy Services prepared the easy English version of this resource www.enliven.org.au (03) 9791 1768.

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V2 Statewide Booklet 21 October 2019