

Mental health matters to us all

45%

of Australian adults will experience a mental illness at some stage in their lives.

26%

of Australian young people suffer from anxiety, substance use disorders or other mental illness.

Most of us will have a mate or family member who has experienced mental illness.

With the right kind of help, people recover and lead healthy, productive and satisfying lives.

Signs you might need help:

- Feeling disconnected or isolated
- Getting easily irritated or angry
- Feeling stressed, tense or restless
- Feeling sad, down or crying more than usual
- Sleeping or eating more or less than usual
- Trouble concentrating or remembering things
- Feeling that you want to harm yourself
- Taking risks that you would normally avoid

Asking someone are you ok?

Talk to your mates, colleagues, family members. If you are concerned, encourage them to seek help.

Where to go for help



Beyond Blue
1300 22 4636
beyondblue.org.au

Lifeline
13 11 14
lifeline.org.au

Kids Helpline
1800 55 1800
kidshelpline.com.au

Bendigo Health
Psychiatric Services
Regional Triage
1300 363 788

ACSO Connect
(for help with mental health,
alcohol or drug issues)
1300 022 760

Your Local GP

