

DO YOU SEE WHAT I SEE?



**SEE BEYOND THE STIGMA AND MAKE
MENTAL HEALTH MORE VISIBLE.**

One in five Australians are affected by mental illness annually, yet many don't seek help because of stigma. Promise to make mental health more visible this World Mental Health Day on 10 October.

VISIT 1010.ORG.AU

10 OCT
WORLD MENTAL HEALTH DAY

embrace
multicultural mental health

**Mental Health
Australia**

10 PROMISES TO SEE BEYOND THE STIGMA AND MAKE MENTAL HEALTH MORE VISIBLE

PROMISE TO...



DISCONNECT TO RECONNECT

Consider how your tech habits might be preventing you from really tuning-in to those around you and those you love.



LIVE IN THE PRESENT

Being stuck in the past or worrying about the future is bad for your mental health. Reduce stress by learning to fully appreciate what's right in front of you.



STAY ACTIVE

To increase wellbeing and reduce symptoms of depression and anxiety.



GET AN EARLY NIGHT

Getting enough sleep is good for your mind and body. Sleep helps you feel energized, stay focused, and protects your mental health.



KEEP LEARNING

At every life stage, as a great way to keep the mind active and boost our confidence. Learn a new skill, take up a language, or simply read a book!



GET TO KNOW THE NEIGHBOURS

For reduced isolation and a stronger community. Neighbours can even expand your social circle and be a wonderful source of support.



EAT WELL

Eat a healthy diet and limit caffeine and alcohol. A diet that's good for your physical health is also good for your mental health!



GET OUTDOORS

To improve your mood and reduce anxiety. Time outdoors has a positive effect on mental as well as physical health.



BE KIND

Research shows that being kind to others boosts your happiness. It helps build social connections and strengthens relationships.



SEEK HELP

Taking action may not be as hard as you think. Talking to friends, family, or your GP is a great starting point. GPs can make a diagnosis, discuss treatment options, and refer you for appropriate support if needed.

HELPLINES & INFORMATION

If you or someone you know is in danger or needs immediate medical attention, please call 000

COUNSELLING SERVICES

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Beyond Blue: 1300 224 636

MensLine Australia: 1300 789 978

Kids Helpline: 1800 551 800

Open Arms – Veterans and Families Counselling: 1800 011 046

Butterfly National Helpline: 1800 334 673

ONLINE CRISIS SUPPORT CHAT SERVICES

Chat online for free with a qualified mental health professional (Anonymous and confidential)

beyondblue.org.au, eheadspace.org.au, lifeline.org.au, qlife.org.au/get-help, sane.org/get-help, headtohealth.gov.au

HELPFUL SERVICES & INFORMATION

Aftercare: 1300 001 907

Black Dog Institute: blackdoginstitute.org.au

Blue Knot Helpline: 1300 657 380

Carer Support: 1800 242 636 or 1300 554 660

Gambling Helpline: 1800 858 858

headspace: headspace.org.au

Mind Australia Infoline: 1300 286 463

Movember: au.movember.com

PANDA – Perinatal Anxiety and Depression Helpline: 1300 726 306

Parentline: 1300 301 300

QLife: 1800 184 527

ReachOut: au.reachout.com

Relationships Australia: 1300 364 277

R U OK?: ruok.org.au

SANE Australia Helpline: 1800 187 263

Make your #MentalHealthPromise at 1010.ORG.AU

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