

SIGNS TO LOOK OUT FOR

Most Queenslanders, most of the time experience good mental health and wellbeing. However, from time to time we can all experience lower levels of wellbeing.

Having a difficult time feels different for all of us, but there are some common signs to look out for that may indicate it's a good idea to talk them through with someone you trust, a GP, or support service.

- Withdrawing from others and usual activities
- Feeling overwhelmed and finding it hard to cope with everyday things and tasks
- Using alcohol or drugs to cope with feelings
- Feeling tearful, wanting to cry all the time
- Feeling irritable, restless or agitated
- Lacking energy or feeling tired all the time
- Feeling angry or short tempered
- Experiencing 'brain fog', finding it hard to think clearly, loss of concentration
- Changes to your sleeping or eating patterns
- Feeling that no one seems to understand you
- Feeling lonely
- Having suicidal thoughts.

SUPPORT SERVICES

If you or someone you know needs support, there are a number of services available.

Lifeline - 13 11 14 | lifeline.org.au

Suicide Call Back Service - 1300 659 467 | suicidecallbackservice.org.au

SANE Australia - 1800 18 7263 | sane.org

Beyond Blue - 1300 22 4636 | beyondblue.org.au

Kids Help Line - 1800 55 1800 | kidshelpline.com.au

ADIS (alcohol and drug support) - 1800 177 833

Queensland Health - 13 HEALTH (13 43 25 84)

Carers Queensland - 07 3900 8100 | carersqld.com.au

If your situation is life-threatening, call Triple 000 immediately for help.

DID YOU KNOW 1 IN 5 AUSTRALIANS EXPERIENCE MENTAL ILLNESS EACH YEAR, AND ALMOST HALF OF ALL PEOPLE WILL EXPERIENCE ISSUES WITH MENTAL HEALTH IN THEIR LIFETIME?

24/7 FORUMS

Connect with people who understand what you are going through by checking out SANE's free online forums at qldmentalhealthweek.saneforums.org.

The SANE forums is a moderated, online discussion space for Australians 18 years and over who are living with complex mental health issues, and families, friends and carers of people living with complex mental health issues.

CONTACT US



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qldmentalhealthweek.org.au



Funded by the Queensland Mental Health Commission, QMHW is coordinated by CheckUP and delivered by a strong cross-sector collaboration.



Queensland
Mental Health
Commission



CHECKUP



Queensland

Mental Health
Week

Take time
for
mental health

9 - 17 October 2021

www.qldmentalhealthweek.org.au



ABOUT QMHW

Queensland Mental Health Week (QMHW) is an annual awareness initiative that promotes individual and community mental health and wellbeing, boosts awareness of mental illness, and celebrates the contribution of the mental health and community sectors.

QMHW takes place in the week of World Mental Health Day on 10 October. In 2021, the week will be celebrated from Saturday 9 October to Sunday 17 October.

Each year, people across Queensland come together during QMHW through hundreds of local events, conversations and activities. To find an event near you, visit the QMHW website.

ARTWORK

The visual identity for 2021 has been developed using the artwork 'Take time - for mental health' by Jesse James.

Jesse was born on Palm Island and is a proud Bwngcolman, Birri-Gubba and Mamu man who pays respects to the Wakka Wakka peoples from Cherbourg where he grew up. Having experienced depression, Jesse is a passionate advocate for mental health awareness. Jesse is a self-taught artist and painting is one of the ways he takes time to prioritise his mental health.



GOOD MENTAL HEALTH AND WELLBEING IS THE FOUNDATION FOR THRIVING INDIVIDUALS, FAMILIES AND COMMUNITIES.

THEME

The theme 'Take time — for mental health' recognises the importance of taking time to engage in activities that boost our mental health and wellbeing, and seeking help when needed. When we take time to look after our mental health and wellbeing we are able to improve our resilience to help us cope better with the everyday stresses of life, and reduce the risk of mental illness.

The Queensland Government's Dear Mind campaign encourages Queenslanders to practise simple, everyday mental wellbeing activities from the Six Building Blocks of Mental Wellbeing. You can create a healthier relationship with your mind by doing activities to Get Healthy, Connect More, Keep Learning, Show Kindness, Take Notice and Embrace Nature.

For more information on mental wellbeing, as well as activity ideas and inspiration visit qld.gov.au/mentalwellbeing.



Get healthy



Keep learning



Show kindness



Connect more



Take notice



Embrace nature

GET INVOLVED

There are countless ways to get involved in the week, including hosting or attending an event, nominating for the QMHW Achievement Awards, proudly wearing QMHW merchandise, or starting conversations on mental health.

You can also take heed of this year's theme and share how you take time for mental health by using the hashtags #QMHW and #QMHWTakeTime on social media during the week.

There are a range of resources on the QMHW website to help you get involved and spread the word.



Promote activities that enhance mental, physical, social and spiritual wellbeing



Reduce stigma associated with mental illness by raising awareness



Provide information about mental health or wellbeing services



Celebrate individuals who make your community unique



Make connections with partners or the local community



Encourage help-seeking and self-care

THERE IS NO HEALTH WITHOUT MENTAL HEALTH, SO LET'S RAISE AWARENESS!