

Mental health matters to us all in Buloke

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



Lifeline lifeline.org.au 13 11 14	Kids Helpline kidshelpline.com.au 1800 55 1800	Bendigo Health Psychiatric Services, Regional Triage 1300 363 788	ACSO Connect (for help with mental health, alcohol or drug issues) 1300 022 760	East Wimmera Health Service 5477 2222	Mallee District Aboriginal Services 5032 8600	Mallee Track Health & Community Service 5070 2155	Rural Financial Counselling Service 1300 769 489	YOUR LOCAL GP
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FIVE WAYS TO WELLBEING



Smile and say hello



Make someone's day



Become a volunteer



Join your local library



Be patient on the roads



Exercise everyday

CONNECT... Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

BE ACTIVE... Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

TAKE NOTICE... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

The Five Ways to Wellbeing was developed by the New Economics Foundation: www.neweconomics.org

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