

# Further *Mental Health* Support



## BITE BACK

Share real and personal stories with others, check out videos, blogs and interviews of interesting people, and check and track your mental fitness.

 @bitebackau  [www.biteback.org.au](http://www.biteback.org.au)

## BEYOND BLUE


Phone, online chat, email and online forum options available so you can access support in the way you feel most comfortable to.

 @beyondblueofficial  [www.beyondblue.org.au](http://www.beyondblue.org.au)



## COMPI

Read or listen to fact sheets, podcasts and the diaries of four teenagers, based on real stories, for clear facts and information.

 [www.compi.net.au](http://www.compi.net.au)

## HEADSPACE

An online and phone support service for young people aged 12-25 where you can chat to youth mental health professionals.

 @headspace\_au  [www.headspace.org.au](http://www.headspace.org.au)



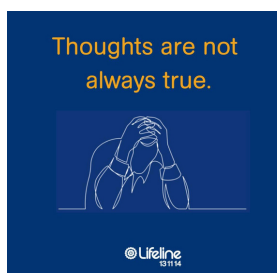
## REACH OUT

Take control of whatever you're going through to help make your life better. Access fact sheets, forums and other resources designed specifically for young people.

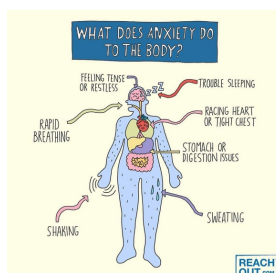
 @reachout\_au  [www.au.reachout.com](http://www.au.reachout.com)



@bigsisterexperience



@lifelineaustralia



@reachout\_au



@headspace\_au

# COMMON SIGNS THAT INDICATE CHANGES IN *Mental Health*

## DEPRESSION

- Low or irritable mood or agitated
- Loss of interest in activities usually enjoyed
- Lack of energy or tiredness
- Thoughts or talk of suicide
- Feeling worthless
- Difficulty sleeping or sleeping too much
- Loss of interest in food or eating too much



## ANXIETY



- Mind racing or going blank
- Can't concentrate, indecisiveness, confusion
  - Unrealistic fear or worry
- Irritability and impatience or anger
  - Avoidance of situations
    - Sleep disturbance
- Distressed in social situations

## EATING DISORDERS

- Dieting behaviours (fasting, counting calories, avoidance of food groups)
- Evidence of binge eating
- Weight loss or weight fluctuation
- Trips to bathroom during or after meals
- Excessive obsessive exercise patterns
- Changes in food preferences
- Focus on body shape and weight
- Avoidance of eating meals in social settings



Remember, these things on their own may not be a sign something is wrong. But multiple of these signs, and if these things begins to interfere with day to day life, then you may need to talk a closer look at how you can support yourself or someone else.

## *How to Support:*

### Yourself

- Talk about how you are feeling that day
- Speak to your trusted adult or teacher
- Make sure you have a mental health safety plan
- Reach out for professional support

### Someone Else

- Ask them how they are feeling that day
- Speak to your trusted adult or teacher
- Make sure they have a mental health safety plan
- Provide them with professional support options

### twenty-four hour phone support

Text Life Line - 0477 13 11 14

Life Line Call - 13 11 14

Kids Helpline - 1800 551 800

Beyond Blue - 1300 22 4636

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www.bigsisisterexp.com