

ADULTS

SUPPORT

SERVICES

CRISIS NUMBERS

Mental Health Emergency Response Line (24 hrs)	1300 555 788 (Metro) 1800 676 822 (Peel)
RuralLink (Rural Communities)	1800 552 002
Lifeline WA (24 hrs)	13 11 14 www.lifeline.org.au
Suicide Call Back Service (24 hrs)	1300 659 467 www.suicidecallbackservice.org.au
Sexual Assault Resource Centre (S.A.R.C) Crisis Line (24 hrs)	9340 1828 1800 199 888
Crisis Care (24 hrs)	9223 1111 (Metro) 1800 199 088 (Country - Free Call)
Beyondblue – Info Line (24 hrs)	1300 224 636
Alcohol and Drug Info Service (24 hrs)	9442 5000 1800 198 024 (Country – Free Call)
Nearest Hospital Emergency Department	-----

FACE-TO-FACE COUNSELLING

Youth Focus (no cost 12 to 25 years)	6266 4333 youthfocus.com.au
Headspace (no cost 12 to 25 years)	9274 8860 www.headspace.org.au
YMCA Lynks (15 to 25 years)	9328 3522 / 9328 3566 www.hq.org.au
YouthLink Youth Reach South (13 to 24 years)	1300 362 569 www.youthlink.perthwa.net
Anglicare WA	9263 2050 (Metro) 1800 812 511 (Country - Free Call) www.anglicarewa.org.au/
Centrecare	9325 6644 www.centrecare.com.au
Relationships Australia	9489 6313 www.wa.relationships.com.au
Holyoake Drug and alcohol counselling service for those affected by substance use and their families.	9416 4444 www.holyoake.org.au
Helping Minds (formally ARAFMI) Support and services for children, youth, adults and families who are caring for someone with mental illness.	9427 7100 (Metro) 1800 811 747 (Country - Free Call) helpingminds.org.au

ONLINE COUNSELLING

Headspace	www.eheadspace.org.au
Youth Beyond Blue	www.youthbeyondblue.com
Lifeline	www.lifeline.org.au
Suicide Call Back Service	www.suicidecallbackservice.org.au
Relationships Australia	www.nsw.relationships.com.au

FREE ONLINE SELF-HELP PROGRAMS

Mindspot (Funded by the Australian Government) Free telephone and online treatment for stress, worry, anxiety, low mood or depression (must be over 18 yrs old)	www.mindspot.org.au
MoodGYM (Developed by the Australian National University - ANU) Cognitive – behavior therapy for depression	https://moodgym.anu.edu.au
e-couch (Developed by the ANU) Modules for anxiety, depression, grief and anger	https://ecouch.anu.edu.au
Centre for Clinical Interventions (CCI) Based in WA. Self help modules for adults suffering from anxiety, low mood, low self esteem and body image issues.	www.cci.health.wa.gov.au

MENTAL HEALTH WEBSITES

Black Dog Institute Information and fact sheets, including the myCompass self-help tool	www.blackdoginstitute.org.au
SANE Australia Mental health fact sheets and information on How to help yourself or someone you know	www.sane.org
Beyond Blue Fact sheets and information on anxiety and depression, including resources and self-help strategies	www.beyondblue.org.au
Man (Men's Advisory Network) Healthier directions for males 16 years and upwards based in Perth	www.man.org.au
The Fathering Project Helping men be better dads	www.thefatheringproject.org
This FIFO Life Online resource for FIFO workers, their family and friends in WA	www.thisfifolife.com
Heads Up Free tools & resources encouraging mental health in the workplace	www.headsup.org.au

AWESOME APPS

Smiling Mind Meditation and relaxation	smilingmind.com.au or Download app for free in iTunes
Reachout Worry Time Learn to control your worries	Download for free in iTunes or Google Play
Reachout Breathe Learn to control your breathing and calm your body	Download for free in iTunes
Mindshift CBT based app for learning anxiety coping strategies	Download for free in iTunes or Google Play
The Check-in Plan a conversation with a friend about their mental health	Download for free in iTunes or Google Play
What's Up? By Jackson Tempra Free app developed in WA for young people. Fun activities and helpful reminders to assist with low mood, anxiety, anger and more	Search 'What's Up? By Jackson Tempra'.
Virtual Hope Box Tools for coping, relaxation, distraction and positive thinking	Download for free in iTunes or Google Play

*This information is to be used as a guide only. Details are subject to change without notice.

anxiety

YOUTH FOCUS FACT SHEET

Anxiety is a normal feeling that everyone experiences from time to time. Anxiety is an unpleasant or uncomfortable feeling of worry that can be very distressing. Without treatment, anxiety can prevent you from achieving your full potential.

What this fact sheet includes:

- What is anxiety?
- Types of anxiety disorders
- Symptoms of anxiety in young people
- How to access support
- Important points to remember

What is anxiety?

Anxiety is when you feel worried or scared for longer than usual. It is normal to feel anxious before a sporting event or speech; this is called mild anxiety and helps us to perform at our best. Anxiety can become a problem if you feel so anxious that it begins to interrupt your day to day life, preventing you from carrying out everyday activities. Different people will feel anxious about different things, sometimes anxiety can make you feel like you are losing control. Some physical feelings of anxiety include, shaking, sweating and 'butterflies in the stomach'. If you or someone you know is experiencing anxiety, it is important to get help from a professional as soon as possible.

Anxiety disorders

- **GENERALISED ANXIETY DISORDER**
Increased worry about things such as school, friendships, money and family
- **PANIC DISORDER**
Occurrence of a panic attack and intense fear of experiencing another panic attack

- **SOCIAL PHOBIAS**

Fearful of any situation where public scrutiny or embarrassment may occur such as being judged negatively by friends or being criticised by others

- **SPECIFIC PHOBIAS**

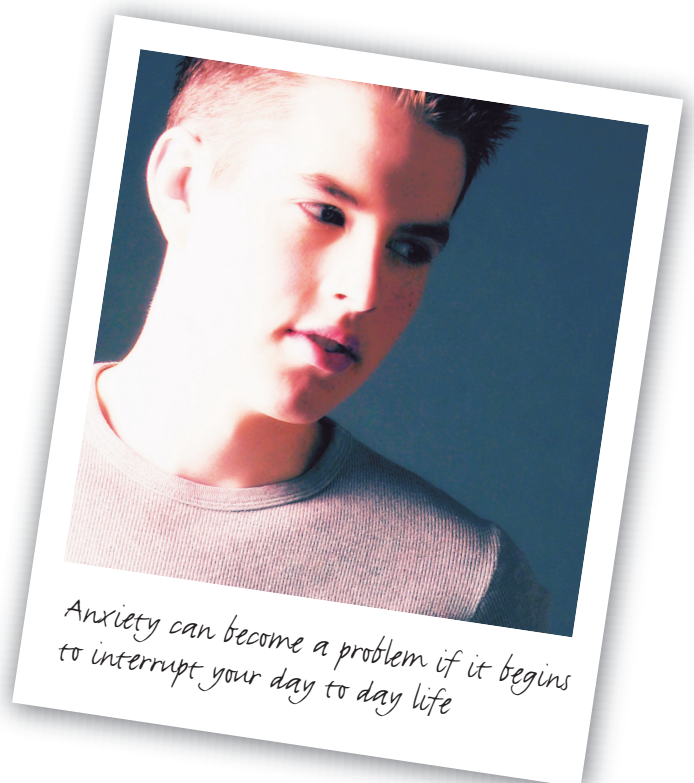
Distressing fear of a particular situation or object such as public speaking, insects or confined spaces. A person experiencing a particular phobia will generally avoid the object or situation

- **OBSESSIVE COMPULSIVE DISORDER (OCD)**

Obsessive, reoccurring and intrusive thoughts and compulsive behaviours. Most obsessive thoughts are about cleanliness, contamination, symmetry and safety

- **POST TRAUMATIC STRESS DISORDER (PTSD)**

Can occur after a person experiences what they perceive to be a traumatic event. Symptoms include, flash backs, sleeping difficulties and irritability.



anxiety

YOUTH FOCUS FACT SHEET

Signs of anxiety in young people

Anxiety can affect both your mental health and physical health. Symptoms may last for a short period of time (seconds or minutes) or may persist for longer periods of time (hours or days). Some symptoms include:

- Restlessness, irritability or feeling uncomfortable
- Constant worrying or thinking that something bad is going to happen
- Feeling that people do not like you
- Being socially isolated or withdrawing from friends and family
- Difficulty concentrating, paying attention or being preoccupied
- Issues with school, uni or work life
- Asking many questions for constant reassurance
- Being pessimistic
- Not volunteering or avoidance of challenging situations
- Sleeping difficulties
- Excessive shyness
- Feeling overly self conscious
- Avoid alcohol and other drugs as they can increase your anxiety
- Maintaining an active lifestyle will improve your general health and wellbeing
- Eat healthily and try new ways to relax, such as reading and listening to music
- Speak with a trusted family member or friend, it's important to talk about your anxiety so people can support you
- Make an appointment with a general practitioner (doctor) or psychologist who will be able to provide professional advice.

Important points to remember

Anxiety in young people is commonly linked with depression. It is important that you or someone you know accesses help as soon as possible. Anxiety can be managed with professional treatment and there are many things you can do in your every day life to help ease any symptoms.

If you are supporting someone with anxiety, be calm and patient. Never tell someone to 'calm down' or 'relax' as this can increase their distress. Listen and provide them with a level of support that feels comfortable. Remember to look after yourself and seek assistance if required. If you or someone you know is experiencing a mental health emergency call the Mental Health Emergency Response Line (MHERL) on 1300 555 788 (all hours) 1800 676 822 (rural free call).

How to access support

A person experiencing anxiety needs support and empathy. It's important that support is accessed as soon as possible as there are many ways to decrease anxiety in your life.

Youth Focus is an independent charity committed to the prevention of suicide, self harm and depression in young people aged 12-25 years.

54 Goodwood Parade, Burswood, WA, 6100 Ph: (08) 9361 4222 Fax: (08) 9361 4299 Email: reception@yct.asn.au

www.youthfocus.com.au

This information was compiled by Youth Focus

depression

YOUTH FOCUS FACT SHEET

Depression is one of the most common mental health issues experienced by young people aged 12-25. One in four young people will have experienced depression by the end of adolescence.

What this fact sheet includes:

- What is depression?
- Symptoms of depression in young people
- Depression and suicidal thoughts
- How to access support
- Important points to remember

What is depression?

It's normal to feel 'down' or 'sad' from time to time as we experience different emotional reactions. This can be seen as 'situational depression' where a person may experience a short lived, appropriately low mood due to an unfavourable or distressing situation, for example a death in the family or job loss. Depression can mean that these feelings of sadness last longer than usual, potentially affecting relationships, school or work and prevent you from enjoying life.

There are many different types of depression. Major depression usually lasts for at least 2 weeks and is characterised by a build up of depressed feelings and low moods. A young person may experience swings in emotion and seem more irritable than usual. As adolescence presents many changes both physically and emotionally, major depression can often be falsely diagnosed as normal adolescent development.

Dysthymia is a milder form of depression that can exist over months or years and is generally less severe. People experiencing dysthymia may be able to continue living their lives as normal but with less enjoyment. Like major depression, dysthymia can also affect concentration, sleep, energy levels and appetite.

Symptoms of depression in young people

- An unusually sad mood
- Loss of enjoyment in activities that used to be enjoyable
- Lack of energy and tiredness
- Feeling worthless or guilty when you are not at fault
- Loss of appetite
- Weight loss and weight gain
- Having sleeping difficulties or staying in bed all day
- Difficulty concentrating or making decisions
- Thinking about death or wishing to be dead
- Feeling worried or uptight
- High use of alcohol and other drugs



Depression in young people is common

depression

YOUTH FOCUS FACT SHEET

Depression and suicidal thoughts

People who experience depression may have suicidal thoughts. If you or someone you know is often thinking about death or suicide it is important to access help. Speaking with a general practitioner (doctor), psychologist or family member is a good start.

Depression is a major risk factor for suicide. A young person may feel so overwhelmed with feelings of helplessness and hopelessness that the future may become difficult to contemplate. Get help from the start by seeking support from a professional.

How to access support

It's important to talk about any issues concerning you. Speak with a trusted family member or friend who can support you in accessing professional help. Making an appointment with a general practitioner is a good place to begin. Treatment for depression can vary depending upon the person's needs. Most treatments for depression involve psychological counselling and medications may be prescribed where necessary. Many people who experience depression are able to recover once they receive professional help; improvements can take as little as a few weeks.

Youth Focus provides counselling specifically for 12-25 year olds at risk of depression, self harm and suicide and involves one on one 'talk therapy' based counselling appointments with qualified professionals, best of all. It's free! To find out more or speak with someone about accessing the service just call 6266 4333.

Important points to remember

- Recovering from depression can take time; remember to maintain a healthy lifestyle such as eating well, exercising and regularly speaking about your feelings which can help to lift your mood
- Depression in young people is common and it can be difficult to distinguish symptoms from normal adolescent stresses
- Professional help from a general practitioner or counselling service should be sought as soon as possible if symptoms of depression are detected
- Immediate professional support should be obtained from a general practitioner if a young person speaks of suicide
- Most people are able to recover from depression when receiving professional support



Most people are able to recover from depression when receiving professional support

Youth Focus is an independent charity committed to the prevention of suicide, self harm and depression in young people aged 12-25 years.

54 Goodwood Parade, Burswood, WA, 6100 Ph: (08) 6266 4333 Fax: (08) 6266 4300 Email: youthfocus@youthfocus.com.au

www.youthfocus.com.au

This information was compiled by Youth Focus

YOUNG PEOPLE

SUPPORT

SERVICES

CRISIS NUMBERS

Mental Health Emergency Response Line (24 hrs)	1300 555 788 (Metro) 1800 676 822 (Peel)
RuralLink (Rural Communities)	1800 552 002
Lifeline WA (24 hrs)	13 11 14 www.lifeline.org.au
Kids Helpline (24 hrs)	1800 551 800 www.kidshelp.com.au
Suicide Call Back Service (24 hrs)	1300 659 467 www.suicidecallbackservice.org.au
Sexual Assault Resource Centre (S.A.R.C) Crisis Line (24 hrs)	9340 1828 1800 199 888
Crisis Care (24 hrs)	9223 1111 (Metro) 1800 199 088 (Country - Free Call)
Beyondblue – Info Line (24 hrs)	1300 224 636
Alcohol and Drug Info Service (24 hrs)	9442 5000 1800 198 024 (Country – Free Call)
PMH Acute Response Team (Under 16 years)	1800 048 636

FACE-TO-FACE COUNSELLING

Youth Focus (no cost 12 to 25 years)	6266 4333 youthfocus.com.au
Headspace (no cost 12 to 25 years)	9274 8860 www.headspace.org.au
Child and Adolescent Mental Health Service (CAMHS) (no cost under 18 years)	Contact your local CAMHS community clinic www.pmh.health.wa.gov.au/generalCAMHS/community.htm
YMCA Lynks (15 to 25 years)	9328 3522 / 9328 3566 www.hq.org.au
YouthLink Youth Reach South (13 to 24 years)	1300 362 569 www.youthlink.perthwa.net
Anglicare WA	9263 2050 (Metro) 1800 812 511 (Country - Free Call) www.anglicarewa.org.au/
Centrecare	9325 6644 www.centrecare.com.au
Relationships Australia	9489 6313 www.wa.relationships.com.au
Holyoake Drug and alcohol counselling service for those affected by substance use and their families.	9416 4444 www.holyoake.org.au
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ONLINE COUNSELLING

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Headspace	www.eheadspace.org.au
Youth Beyond Blue	www.youthbeyondblue.com
Lifeline	www.lifeline.org.au
Suicide Call Back Service	www.suicidecallbackservice.org.au
Relationships Australia	www.nsw.relationships.com.au

FREE ONLINE SELF-HELP PROGRAMS

MoodGYM (Developed by the Australian National University - ANU) Cognitive – behavior therapy for depression	https://moodgym.anu.edu.au
e-couch (Developed by the ANU) Modules for anxiety, depression, grief and anger	https://ecouch.anu.edu.au

MENTAL HEALTH WEBSITES

Bite Back / Black Dog Institute Discover ways to amplify the good stuff in life, check & track your mood & share stories	www.biteback.org.au www.blackdoginstitute.org.au
Reachout Information on how to deal with problems and cope well	au.reachout.com
Headspace Information and fact sheets on how to help yourself and others through difficult times	www.headspace.org.au
Youth Beyond Blue Information and fact sheets on how to help yourself and others through difficult times	www.youthbeyondblue.com
Something Haunting You Take action and overcome the problem ‘zombies’ following you - exam stress, peer pressure, and body image doubts.	www.somethinghauntingyou.com
Kids Helpline Information on friendships, body image, problem solving, feelings and stress	www.kidshelpline.com.au
Man (Men’s Advisory Network) Healthier directions for males 16 years and upwards based in Perth	www.man.org.au

AWESOME APPS

Smiling Mind Meditation and relaxation	smilingmind.com.au or Download app for free in iTunes
Reachout Worry Time Learn to control your worries	Download for free in iTunes or Google Play
Reachout Breathe Learn to control your breathing and calm your body	Download for free in iTunes
Mindshift CBT based app for learning anxiety coping strategies	Download for free in iTunes or Google Play
The Check-in Plan a conversation with a friend about their mental health	Download for free in iTunes or Google Play
What’s Up? By Jackson Tempra Free app developed in WA for young people. Fun activities and helpful reminders to assist with low mood, anxiety, anger and more	Search ‘What’s Up? By Jackson Tempra’.
Virtual Hope Box Tools for coping, relaxation, distraction and positive thinking	Download for free in iTunes or Google Play

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