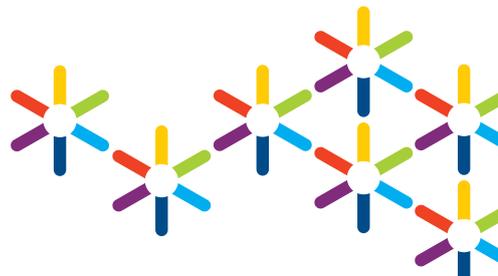




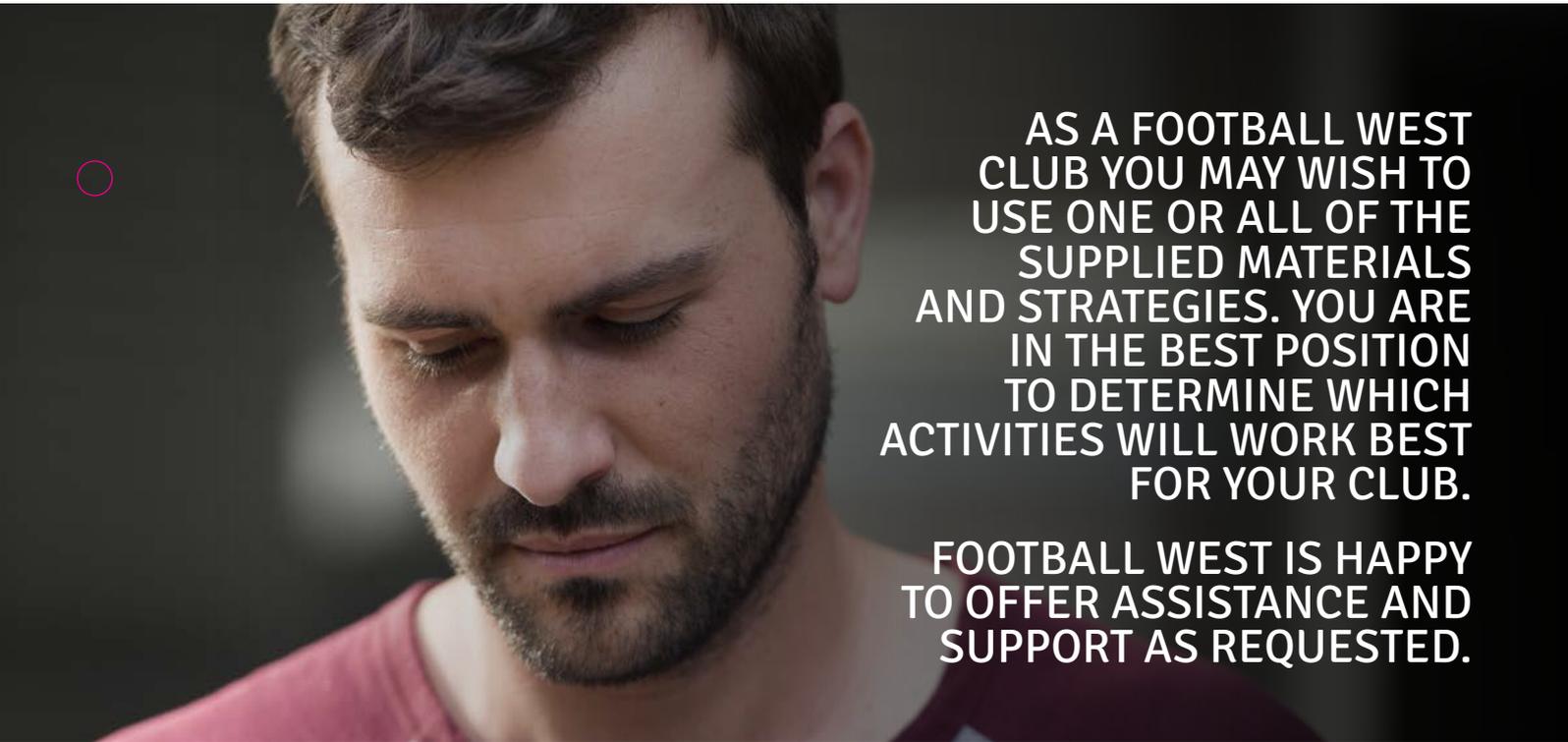
THINK MENTAL HEALTH

FOOTBALL WEST PARTNERSHIP KIT





About this toolkit



AS A FOOTBALL WEST CLUB YOU MAY WISH TO USE ONE OR ALL OF THE SUPPLIED MATERIALS AND STRATEGIES. YOU ARE IN THE BEST POSITION TO DETERMINE WHICH ACTIVITIES WILL WORK BEST FOR YOUR CLUB.

FOOTBALL WEST IS HAPPY TO OFFER ASSISTANCE AND SUPPORT AS REQUESTED.

About the partnership

Football West is the sole governing body for football in Western Australia and represents all levels of competition, development and coaching in metropolitan and regional areas.

The world game has been a powerful and unifying force in the WA community for more than 120 years, bringing together football fans and participants regardless of age, gender or ethnicity.

With over 230,000 players in the sport, Football West, which is affiliated to Football Federation Australia, has created an environment that brings the game to life on parks, pitches and indoor centres around the state.

WA football clubs are integral to the fabric of a community and contribute to the sense of belonging for community members. As such, these clubs have an important role in establishing a positive and healthy culture and to foster a safe and supportive environment for people to communicate and share their feelings.

Healthway's partnership with Football West provides substantial opportunities to promote positive mental health throughout metropolitan and regional WA. Aligned with the Think Mental Health campaign, the Football West partnership supports a comprehensive tiered approach that includes promotional opportunities to extend a mental health campaign, opportunities to build clubs' capacity to respond to mental health concerns and creating an environment where making the healthier choice is encouraged and easy.

Campaign background

About the campaign

The Suicide Prevention Public Education Program's *Think Mental Health Campaign* (the Campaign) is a key initiative of the State-wide suicide prevention strategy.

Think Mental Health will connect the Western Australian football community with the best information and support and services for your club.

Talking and Listening are Powerful

The first phase of the Think Mental Health campaign, 'Talking and Listening are Powerful' is beginning of a long-term public education campaign that will contribute to the work already being done in Western Australia to reduce the risk of suicide. Introduced in 2018 'Talking and Listening are Powerful' campaign aims to raise awareness of the fact that mental health issues can affect anyone and encourages men, family and friends to check-in on a mate or someone close to them if they're not going so well.

Target group:

Phase one of the campaign targets men aged 25 to 54-years living in Western Australia and family and friends of men aged 25 to 54-years living in Western Australia.

Key messages:

Check in on a mate, or someone you care about if they're not going so well;

- Talking and listening are powerful; and
- Mental health issues can affect anyone. It may be difficult at first but talking can help.

Be positive. Be connected. Be active. – Launched April 2020

The Mental Health Commission's Think Mental Health (TMH) program has developed a specialised mental health public education campaign, to meet the community's needs in response to the unique position our community finds itself in, in relation to the COVID-19 pandemic.

The 'Be positive. Be connected. Be active' campaign (the Campaign) will focus on protecting mental health and wellbeing during these challenging times. Key strategies have been developed on selfcare and how to protect your mental health and wellbeing; coping with fear, anxiety and worry; supporting others; and seeking professional support if needed.

Target groups

The campaign targets:

- the Western Australian community aged 18 years and over;
- people with elderly parents/grandparents;
- parents with younger children;
- people that live alone; and
- people in financial stress.

Key message:

The key message of the campaign is: 'be positive, connected and active to protect your mental health and wellbeing'

Campaign background

About the campaign cont.

Families Under Pressure – Launched December 2020

Think Mental Health's 'Families Under Pressure' public education campaign aims to contributing to improving overall child mental health and wellbeing.

The way we interpret and respond to our feelings has a major impact on our behaviour, choices, and our mental health and wellbeing. Emotional development starts from birth and includes the ability to:

- identify and understand one's own feelings;
- accurately read and comprehend emotional states in others;
- manage strong emotions and their expression in a constructive manner;
- regulate one's own behaviour;
- develop empathy for others; and
- establish and sustain relationships.

Good mental health is built early in life - early experiences shape the architecture of a young persons' developing brain. These experiences include children's relationships with parents, caregivers, relatives, teachers, and peers which play a critical role in shaping social, emotional, and cognitive development.

Target audience

Western Australia parents of children 12 years and under.

Campaign objectives (short and long term)

- Increase parent's confidence in communicating with their child about emotions.
- Increase parent's confidence in helping their child identify and describe emotions.
- Increase parental mental health literacy.
- Increase child mental health literacy by increasing their skills to feel more confident in expressing their emotions.
- Increase help seeking by adolescents.

Key media messages

01

A recent survey conducted in Western Australia found that 87% of those surveyed believe that achieving and maintaining their mental health and wellbeing is important.

02

A recent survey found that the vast majority (91%) of West Australians engage in behaviours that can protect and build their mental health at least some of the time, and two in five people (39%) undertake protective behaviours daily or almost daily.

03

Encouragingly 67% of Western Australians recently surveyed, claim to be confident in recognising the signs and symptoms of a mental health condition.

04

A recent survey in Western Australia found that on average men were less likely to recognise signs and symptoms of a mental health condition than women. Some warning signs to look out for:

- Feeling isolated, lonely, sad or depressed
- A sense of hopelessness or helplessness
- Self-harming behaviour
- Withdrawing from family and friends
- Stopping activities previously enjoyed
- Changes in usual behaviour
- Talking about taking their own life
- Putting affairs in order
- Mood swings, changes in eating habits and sleep patterns.

05

For more information on what to look out for and how to help visit the Think Mental Health website thinkmentalhealthwa.com.au Stigma is commonplace for those people with a mental health condition. Stigma can be a barrier to people seeking the help they need.

06

Some common signs and symptoms of mental health issues include:

- A noticeable change in a persons usual behaviour
- Feeling down for some time and they don't seem to be getting any better
- Lack of energy and motivation to do everyday things
- Withdrawal from friends and activities;
- Emotional outbursts
- Significant tiredness, low energy or problems sleeping
- Increased use of alcohol or other drugs
- Changes in eating habits.

Mental health facts

01

From the Australian Bureau of Statistics 2017:

- In Western Australia, one person dies every day by suicide. In 2017, suicide accounted for 409 deaths in Western Australia.
- The number of reported suicide deaths in Western Australia (409) is over two and a half times the number of fatalities on Western Australian roads (161), for the same year.
- Deaths from suicide among males occur at a rate more than three times that of females.

02

Your GP can help by talking with you about what is happening and work with you to determine what support is best for you. A GP can help with:
Determining best support options, which can include self-help, support groups, on-line support and referral to community services.

- Setting up a Mental Health Treatment Plan which can be one option that allows you to claim a Medicare rebate for up to six visits to a clinical psychologist or mental health professional or allied mental health professional.

03

There are a number of things to look out for if you notice someone isn't going so well.

This includes:

- if they're feeling down or sad
- withdrawing from family, friends and activities
- sleeping problems
- working longer hours than usual
- emotional outbursts
- increased use of alcohol or other drugs
- major changes in eating habits.

04

There are a number of free and low cost counselling services available:

- The Centre for Clinical Interventions is a statewide specialist mental health service offering free treatment programs for people experiencing anxiety, mood disorders and eating disorders. Further information about the service is available on their website at cci.health.wa.gov.au
- The Practitioner Online Referral Treatment Service (PORTS) is a free assessment and treatment service for people over 16, with symptoms of low mood, depression, anxiety and substance use problems. PORTS offer a range of treatment options including face to face, telephone and online counselling. Further information about PORTS including how to access the program is available on the PORTS website at ports.org.au. HelpingMinds provide support and information to young people, family and friends with mental health issues in WA. The majority of their services are free of charge and focus on: advocacy, understanding the mental health system, education, counselling and support. More information can be found on the HelpingMinds website.



Current campaign materials

Talking and Listening are Powerful Campaign Materials

Social media videos

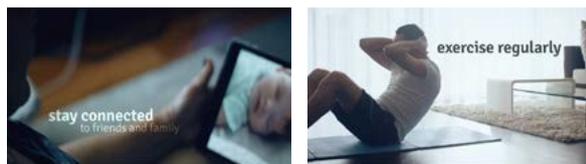


Television commercials



Be positive. Be connected. Be active.

Television commercials

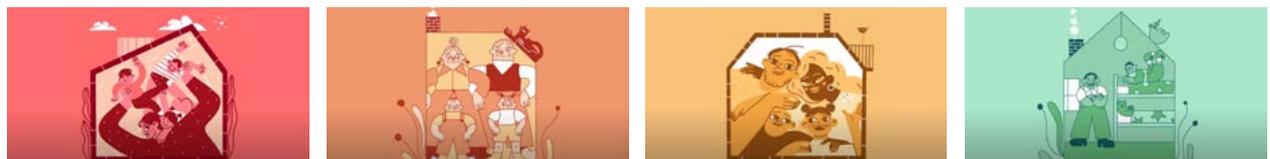


Posters



Families Under Pressure

Videos





Social media tips

Digital resources & logos are provided by Football West

Facebook First

94% of Australians are on Facebook. Yes, even your grandma.

Visual Posts

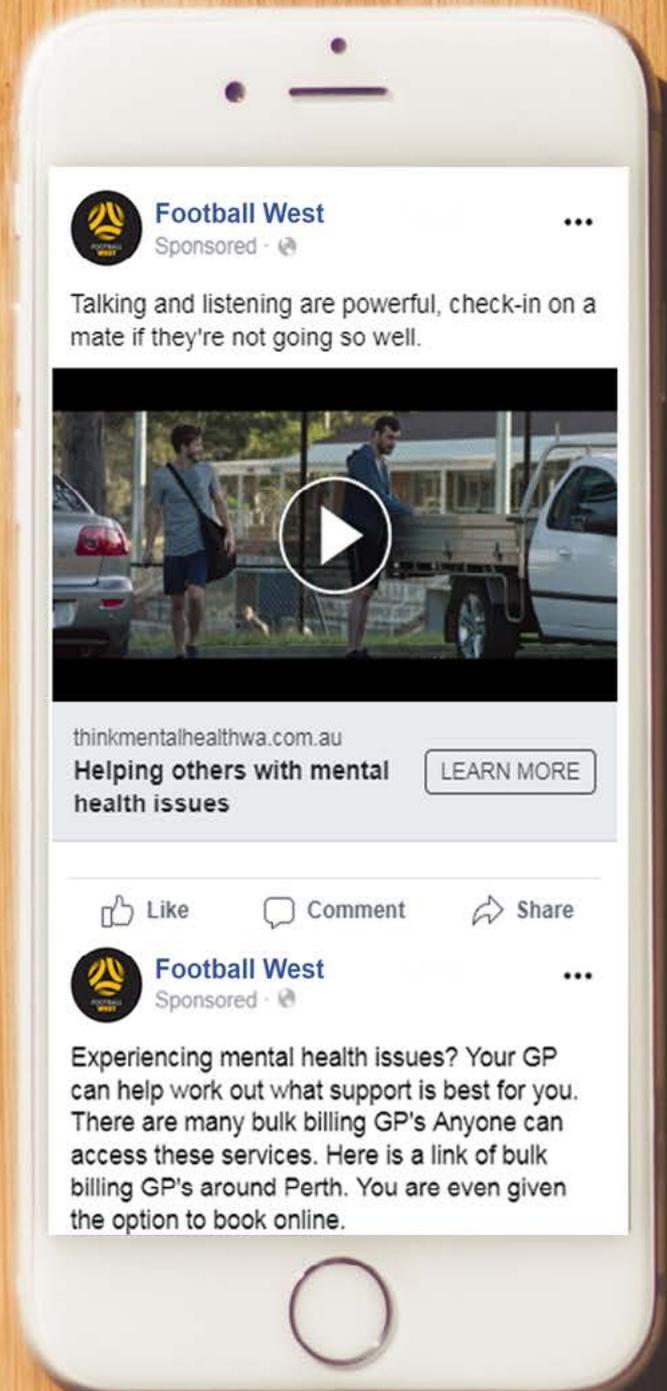
Posts with visual content (images or video) get up to 85% more engagement than simple text posts.

Human Storytelling

People attract people. It's important to humanise your community group and show the real stories behind your organisation.

User Generated Content

Nowadays, content is being produced by everyone – customers and your members are the main content creators, not you.



Talking and Listening are Powerful Campaign Posts



Be positive. Be connected. Be active. Campaign Posts



In stressful times like these, it's important to look after our mental health and wellbeing.

Here are a few tips to help:



CLICK THRU URL:
<https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/coronavirus-covid-19-looking-after-your-mental-and-physical-health/>

In stressful times like these, it's important to look after our mental health and wellbeing.

Stay connected, eat well, keep your body and mind active and seek support if you need to.



CLICK THRU URL:
www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/coping-with-anxiety-and-worry-during-covid-19/

Worried about money and how to stay afloat? You're not alone.

Here are a few tips to help:



CLICK THRU URL:
www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/financial-worry-due-to-covid-19/



It's important when we're social distancing to stay in touch with family and friends.

Here are a few tips to help:



CLICK THRU URL:
www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/maintaining-your-connections-during-social-isolation/

Keep up your connections with family and friends - you might not pop round to see them, but you can telephone or video call.

Click for more tips:



CLICK THRU URL:
www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/maintaining-your-connections-during-social-isolation/

6 tips to talk to your kids about COVID-19.

Click here for tips:



CLICK THRU URL:
www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/talking-to-your-kids-about-covid-19/

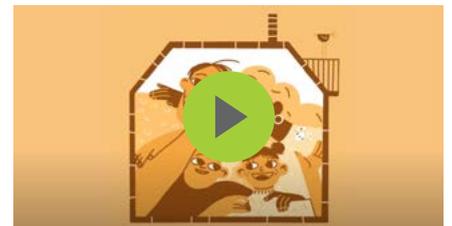
Families Under Pressure Campaign Posts



Tip 1: Keeping positive and motivated



Tip 2: Making sure everyone knows what is expected of them



Tip 3: Building your child's self confidence and trust in you



Tip 4: Getting your child to follow instructions



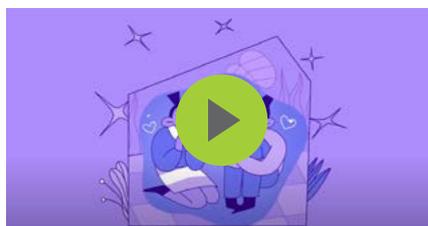
Tip 5: Promoting good behaviour



Tip 6: How to limit conflict



Tip 7: Keeping calm when your kids act up



Tip 8: Using sanctions carefully



PRINTED PUBLICATIONS
CLUBS CAN ORDER



Talking and Listening are Powerful Campaign Materials

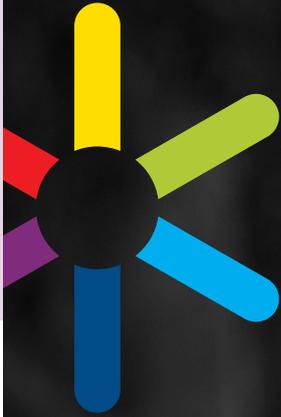


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MENTAL HEALTH

**Talking and listening
are powerful.**

**We all experience mental health issues.
Check in on a mate if they're not going so well.**

Visit thinkmentalhealthwa.com.au for more information



Experiencing mental health issues? Your GP can help.

Getting help early can make a difference.

Talk to your GP today to discuss:

- * How you've been feeling lately.
- * How long your symptoms have been present.
- * What your GP might think the best options are for you.
- * What your concerns might be.
- * How this may be impacting on your life.
- * How to set up a Mental Health Treatment Plan.

For more information visit
thinkmentalhealthwa.com.au


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MENTAL HEALTH

Mental health in Western Australia

What's happening?

In Western Australia:

One person dies every day by suicide. That's more than the road toll.

Nearly 3 out of 4 deaths by suicide are male.

WA's suicide rate was approx 20 per cent higher than the national average in 2016.

A big risk factor for suicide and self-harm is having a mental health issue.

We can reduce the risk of suicide by treating mental health issues early, by building resilience, and improving the overall mental health and wellbeing of Western Australians.



1 IN 5 AUSTRALIANS WILL HAVE A MENTAL HEALTH ISSUE EACH YEAR

\$9.0 BILLION

WAS SPENT ON MENTAL HEALTH SERVICES IN AUSTRALIA IN 2015-2016



Where to get help?

If you or someone you know is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health.

It's normal to have ups and downs in life, it happens to all of us. Looking after your mental health enables you to function well and be able to cope when things aren't going so well.

Little things you can do include:



SPEND TIME WITH FRIENDS, LOVED ONES & PEOPLE YOU TRUST



GET ENOUGH SLEEP



TAKE TIME OUT & ENJOY YOUR HOBBIES



KEEP ACTIVE & EAT WELL



TALK ABOUT OR EXPRESS YOUR FEELINGS REGULARLY



REDUCE ALCOHOL CONSUMPTION



AVOID ILLICIT DRUG USE



Signs and symptoms of mental health issues

- ✦ Noticeable change in usual behaviour.
- ✦ Major changes in eating habits.
- ✦ Feeling down for some time and not getting better.
- ✦ Withdrawal from friends and activities.
- ✦ Problems sleeping.
- ✦ Increased use of alcohol or other drugs.
- ✦ Lack of energy and motivation to do everyday things.

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MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au

How to check in on someone

Helping others and providing support can make a difference for someone who is having problems and going through a tough time. If you think someone you care about isn't going so well, try the following tips on how to support them and continue to check in on them.



Talk

For most people, just asking if they are okay and listening can make a difference.

By simply being there for someone, they can feel less alone and more supported to open up and talk about how they are really feeling.

Asking open ended questions that require a response is a good way to start the conversation.

FOR EXAMPLE:

- How are you going? What's been happening in your life lately?
- You don't seem quite yourself lately, is something bothering you?
- You seem upset or worried, what's going on? Can I help with something?
- I've noticed you're not going out much lately, anything going on?



Listen

Just being there for someone and offering a listening ear can make a difference.

1. Show them that you care and are here to listen to them.
2. Have patience, let others talk and don't judge.
3. Be reflective by repeating what they have said.
4. Keep calm and accept that they may disagree with you.



Provide support

If the person you're concerned about is in a life threatening situation, or is at risk of harm to themselves or others, call 000.

Getting help early can make a difference. A good place to start is:

- Talk to your GP or someone you trust.
- Call a support line.
- Contact a support service.
- Try the Think Mental Health check-up tool.

They may also need your support while they look for professional help.



Do an activity together

Activities create conversation. Find an opportunity during everyday life activities to start the conversation and ask them how they are really feeling. Try doing activities together such as:



GOING FOR A WALK



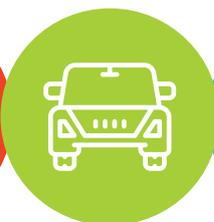
GOING TO AN EVENT TOGETHER



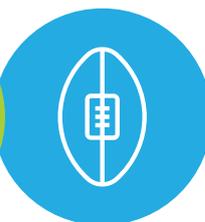
GOING FOR A COFFEE OR A MEAL



KICKING THE FOOTY, PLAYING A GAME, SURFING ETC



GOING FOR A DRIVE



ANYTHING THAT ENCOURAGES OR PROVIDES AN OPPORTUNITY TO HAVE A CHAT


think
MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au



How to access free and low-cost help for a mental health issue in Western Australia

There are many free and low-cost services available for people who have financial difficulties (e.g. unemployed or have a healthcare/concession card). These services can be accessed via any GP.



How a GP can help

By talking with you about what is happening and working with you to determine what support is best for you.

This could include:

- Access to self-help resources, support groups, online support and referrals to community services.
- Setting up a Mental Health Care Plan which can allow you to claim a Medicare rebate for up to six visits to a clinical psychologist, mental health or allied mental health professional.
- Depending on your needs, your GP can also refer you for an additional four sessions if required.

Note: For your first visit, please request a 30-minute appointment.



What happens when a GP bulk bills?

Any GP can refer you to the appropriate services. However, with a bulk billing GP the bill for your appointment is sent directly to Medicare and there will be no out of pocket payment for you.

Not all GPs bulk bill – please ask when you book your GP appointment.



How to access a bulk billing GP?

Anyone who is registered with Medicare and has a Medicare card can access a bulk-billing GP. If you are not enrolled with Medicare, you can complete an enrolment form online or visit your nearest Medicare office.



Where to find your nearest bulk billing GP

To find a GP that bulk bills, visit:
1800bulkbill.com.au
healthengine.com.au/find/bulk-billing-gp/WA



Country WA

Mental Health Portal

Free psychological treatment for people living in country areas experiencing a range of mental health issues.



Once the GP has referred you to the Mental Health Portal



you will receive a phone call from a mental health professional



who will organise an assessment to determine what services are needed.

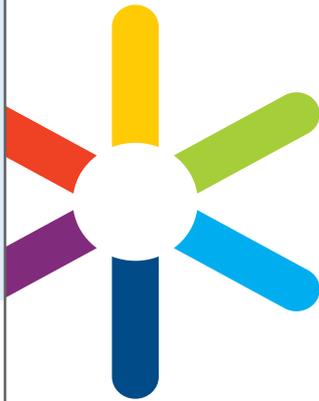



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For more information visit
thinkmentalhealthwa.com.au



**Accessing free and
low-cost support
for mental health in
Western Australia**



Things you can do to help keep yourself mentally well when you are in isolation

- * **Exercise** - you can still exercise when you're indoors. YouTube has great free workouts you can do anywhere at any time.
- * **Set up games online** with family or friends through social media or the internet.
- * Try some **mindfulness meditation** - you can access apps through your mobile app store.
- * **Research, read and learn** - learn something new like a new language or try an online course.
- * It can also be helpful to try to keep some sense of normality by **forming a daily routine**.

Where to get mental health support

beyondblue 1300 224 636

Lifeline 13 11 14

MindSpot Clinic 1800 61 44 34

Kids Helpline 1800 55 1800

For alcohol and drug support

Alcohol and Drug Support Line

(08) 9442 5000

Country Toll-free: 1800 198 024

Parent and Family Drug Support Line

(08) 9442 5050

Country Toll-Free: 1800 653 203

For more information visit thinkmentalhealthwa.com.au



Things you can do when you are in isolation

meditate



read



call friends



eat and sleep well



exercise and stretch



youtube



draw



online games



music



get help



Translator help: 131 450
tisnational.gov.au

Mental health support:

beyondblue 1300 224 636 Lifeline 13 11 14

MindSpot Clinic 1800 61 44 34

Kids Helpline 1800 55 1800

Alcohol and other drug support:

Alcohol and Drug Support Line (08) 9442 5000

Country Toll-free 1800 198 024

thinkmentalhealthwa.com.au

Helping your child cope with stress

-  **Respond to your child's reactions in a supportive way.** Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.
-  Children need adults' love and attention during difficult times. **Give them extra time and attention.** Remember to listen to your child, speak kindly and reassure them. **If possible, make opportunities for your child to play and relax.**
-  **Try and keep your child close to you** and try avoid separating them from parents and caregivers. If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and re-assurance.
-  **Keep to regular routines and schedule as much as possible,** or create new ones, including school/learning as well as time for safely playing and relaxing.
-  **Provide facts about what has happened,** explain what is going on and give them clear information about how to reduce their risk of being infected by the disease in words they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way.

For more information visit thinkmentalhealthwa.com.au

COVID-19 brief services referral guide

Mental health and wellbeing, and alcohol and other drug use

Someone seeking general information

Western Australian COVID-19 health, information and advice

Department of Health - Healthy WA
 ☎ 13 COVID (132 68 43)
 🌐 healthywa.gov.au

General mental health and wellbeing

Think Mental Health
 🌐 thinkmentalhealthwa.com.au
 Act Belong Commit
 🌐 actbelongcommit.org.au

Coping with isolation

Black Dog Institute
 🌐 blackdoginstitute.org.au
 Beyond Blue
 🌐 beyondblue.org.au

Alcohol and other drug information

Alcohol.Think Again
 🌐 alcoholthinkagain.com.au
 Drug Aware
 🌐 drugaware.com.au
 Alcohol and Drug Foundation
 🌐 adf.org.au
 Harm Reduction Australia
 🌐 harmreductionaustralia.org.au

Financial support

Financial Counsellors' Association of WA
 🌐 financialcounsellors.org
 National Debt Hotline
 🌐 ndh.org.au
 Small Business Development Corporation
 🌐 smallbusiness.wa.gov.au

Homelessness and food security

Shelter WA
 🌐 shelterwa.org.au
 Food Bank
 🌐 foodbank.org.au

Older Australians

Department of Health
 🌐 health.gov.au

Resources for Aboriginal and Torres Strait Islander peoples

Strong Spirit Strong Mind
 🌐 strongspiritsstrongmind.com.au
 Aboriginal Health Council of Western Australia
 🌐 ahcwa.org.au

Someone requiring support

Is it an emergency?

If someone is at immediate risk of harm or in need of urgent medical help, call triple zero (000). 🔄24

Beyond Blue

Online and telephone support for anyone feeling anxious or depressed. 🔄24
 ☎ 1300 22 4636
 🌐 beyondblue.org.au

Lifeline

Support for anyone experiencing a personal crisis. 🔄24
 ☎ 13 11 14
 🌐 lifeline.org.au

Suicide Call Back Service

Online and telephone counselling for anyone who is: feeling suicidal, worried about someone else or who has lost someone to suicide. 🔄24
 ☎ 1300 659 467
 🌐 suicidecallbackservice.org.au

Alcohol and Drug Support Line

Confidential telephone counselling, information and referral services for anyone seeking help for their own or another person's alcohol or drug use. 🔄24
 ☎ 9442 5000 (Metro) or 1800 198 024 (Country)
 🌐 mhc.wa.gov.au/alcoholanddrugsupportline

Kids Helpline

Counselling for young people aged 5 to 25 years. 🔄24
 ☎ 1800 55 1800
 🌐 kidshelpline.com.au

Women's Domestic Violence Helpline

Support, referral and counselling for people experiencing family and domestic violence. 🔄24
 ☎ 1800 007 339
 🌐 dcp.wa.gov.au

Mensline Australia

Supports men and boys dealing with family and relationship difficulties. 🔄24
 ☎ 1300 789 978
 🌐 mensline.org.au

Please note

This brief referral sheet does not capture all sources of information available and is a guide only to help navigate community and stakeholder queries. If a mental health and wellbeing, or alcohol and other drug related issue arises that is not covered on this referral sheet, please visit My Community Directory – Western Australia which provides information about community organisations who provide localised services within Western Australia. Please email MyServices@mhc.wa.gov.au if you have any questions or require further assistance.

Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus; maintaining a regular routine each day helps.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:



STAY CONNECTED WITH FAMILY AND FRIENDS THROUGH SOCIAL MEDIA AND BY PHONE



GET ENOUGH SLEEP



KEEP ACTIVE & GET OUT IN THE FRESH AIR BY EXERCISING IN YOUR GARDEN OR ON YOUR BALCONY



TALK ABOUT HOW YOU ARE FEELING WITH YOUR FRIENDS AND FAMILY REGULARLY



REDUCE ALCOHOL INTAKE



GET YOUR HOBBIES OUT TO KEEP BUSY


MENTAL HEALTH

A5 flyer - Looking after your mental health and wellbeing


MENTAL HEALTH



Look out for others

- * Stay in touch and try to reassure people you know who may be worried, just ringing for a chat can help.
- * Check in with people who you know are living alone.
- * Offer to drop off meals or collect shopping for older neighbours or family members.
- * Offer to pick up medications or to change library books.
- * Organise further assistance if they become unwell.

By supporting one another and those who are more vulnerable we can all get through this together.

A5 flyer - Look out for others



Seeking support

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus (COVID-19). Speaking with friends or family to let them know how you feel can help, and they might also appreciate talking to you about how they feel.

There are also many digital mental health services that you can access online or contact over the phone.

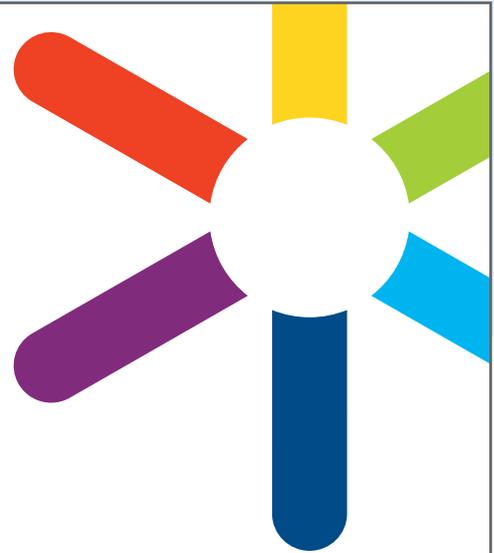
For support during this time contact:

Lifeline 13 11 14
or visit lifeline.com.au

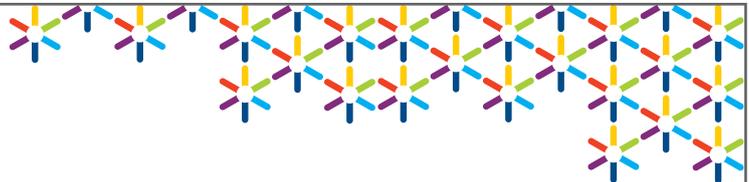
beyondblue 1300 224 636
or visit beyondblue.org.au

Mindspot 1800 61 44 34
or visit mindspot.org.au

Kids Helpline 1800 55 1800
or visit kidshelpline.com.au



A5 flyer - Seeking Support



Signs and symptoms of mental health issues

- * Noticeable change in usual behaviour.
- * Feeling down for some time and not getting better.
- * Problems sleeping.
- * Lack of energy and motivation to do everyday things.
- * Major changes in eating habits.
- * Withdrawal from friends and activities.
- * Increased use of alcohol or other drugs.

If you are feeling anxious or worried, talk to a friend or family member or for more information or to try the mental health check up tool visit thinkmentalhealthwa.com.au

A5 flyer - Signs and Symptoms

Supporting others

It is important to stay connected to others. Some little things you can do to support other and your community include:



CONSIDER YOUR ACTIONS, THINK OF OTHERS AND BE KIND



UTILISE LOCAL ONLINE GROUPS AND BE A POSITIVE PART OF YOUR COMMUNITY



SHARE ACCURATE INFORMATION AND ADVICE. SUPPORT ANYONE WHO IS ANXIOUS ABOUT COVID-19



CONNECT AND REACH OUT TO YOUR NEIGHBOURS, TRY AND CHECK IN WITH ONE ANOTHER AND STAY CONNECTED



SUPPORT VULNERABLE OR ISOLATED PEOPLE



DONATE TO A FOODBANK OR LOCAL SUPPORT SERVICE

A5 flyer - Supporting Others



Little things you can do

- * Get out of bed at your usual time each day.
- * Make time for study or work.
- * Cook healthy meals.
- * Set aside time to engage in mindfulness, meditation, relaxation, or to get on with a hobby.
- * Go to bed at the same time as usual.
- * Make time to connect with others each day.

If you are feeling anxious or worried, talk to a friend or family member or for more information or to try the mental health check up tool visit thinkmentalhealthwa.com.au

A5 flyer - Little things you can do

Talking and listening are powerful.

JUST ONE CONVERSTATION CAN MAKE A DIFFERENCE

You don't need to be an expert to talk to someone who isn't going so well and be reassured you will not make things worse.

By talking and listening you can create an opportunity to encourage someone to seek help if needed. Everyone experiences mental health issues at some time in their lives, and it is vital not to underestimate the importance of just being there for someone.

Talking

Start the conversation by telling them that you have noticed that they don't seem their usual self and describe the changes you've noticed in their mood or behaviour.

Tell them you are worried about them and ask about what is bothering them. Some phrases that might help you get started:

- You don't seem yourself lately, what's going on?
- Tell me about what is going on?
- What's happening for you?
- I've noticed you haven't been going out lately, is there anything you'd like to talk about?

Listening

Listen carefully to what they are saying. Encourage them to talk about what is really going on for them and how they are feeling. Try not to interrupt while they are talking and leave any comments or queries you may have until they have finished.

Use positive body language to express that you truly empathise and can understand what they are telling you. Body language such as:

- Maintain upright posture whether sitting or standing
- Keep comfortable eye contact with them
- Nod your head occasionally to show you have understood what they are saying
- I've noticed you haven't been going out lately, is there anything you'd like to talk about?

Providing Support

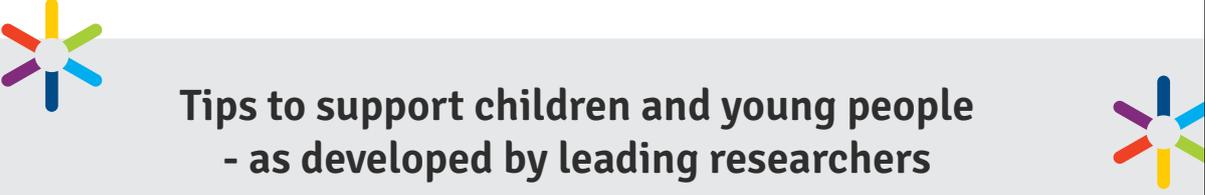
What do you do once you've started the conversation? Or what if the person isn't ready to talk to you?

- Focus on spending time with them so that they don't feel alone. If they haven't opened up, it can take time for someone to feel comfortable enough to talk about how they are feeling.
- Let them know that you are concerned about them and are there if they want to talk. Reassure them with phrases such as "call me if you ever want to talk" or "I am here for you if you decide you want to talk".
- If the person you're concerned about is in a life threatening situation or is at risk of harm to themselves or others, call 000.
- Getting help early can make a difference. A good place to start is:
 - > Talk to your GP or someone you trust.
 - > Call a support line.
 - > Contact a support service.



Supporting your Child's Mental Health

There are times when we all feel the strain – children, parents and carers included. As parents and carers, there are ways we can support children and young people to give them the best chance to gain and maintain their mental health and wellbeing.



Tips to support children and young people - as developed by leading researchers



Be there to listen

Regularly ask how they're doing and what they are feeling to normalise their emotions, and also so they know there's always someone to listen if they want it. Find out how to create a space where they will open up.



Take what they say seriously

Listening to, and valuing what they say, without judging their feelings makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.



Stay involved in their life

Show interest in their life and the things that are important to them. It not only helps them value who they are, but also makes it easier for you to spot problems and support them.



Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all support our mental health and wellbeing. Support and encourage them to explore their interests, whatever they are.



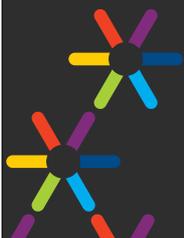
Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.



Build positive routines

Building structure around regular routines, healthy eating and exercise, as well as a good night's sleep is really important – try to keep routines that fit with school, even if it is school holidays.



For more information visit
thinkmentalhealthwa.com.au

think
MENTAL HEALTH

Signs to look out for in young people

Some young people will experience behavioural or emotional problems growing up. For some, these will resolve with time, while others will need professional support.

It can be difficult to know if there is something upsetting a child or young person, but there are warning signs that may be because a [mental health issue](#) is developing.

Things to look out for:



Significant changes in behaviour



Ongoing difficulty sleeping



Withdrawing from social situations



Not wanting to do things they usually like



Self-harm or neglecting themselves

Helpful resources

- [Beyond Blue's Healthy Families](#) gives you the information, knowledge and confidence to support the young people in your life by age groups.
- [Kids Helpline](#) has a large amount of information to support parents.
- [ReachOut](#) is an online mental health service for young people and their parents and provide different types of support, depending on what you and your teenager need and want.
- [Headspace](#) has information for friends and family around raising sensitive issues and working to resolve challenging problems.
- The [Families Under Pressure](#) campaign includes 12 videos containing simple tips and tricks, formulated by researchers and mental health experts, which are backed by science and proven to work with families.



Remember, everyone feels low, angry or anxious at times. But you know your child better than anyone, so if you're worried, first think if there has been a significant, lasting change in their behaviour. This could be at home, school or university; with others or on their own; or in relation to specific events or changes in their life. Ultimately, changes in a young person's thinking, feeling and behaviour that last for more than two weeks may indicate that a mental health problem is developing. If the answer is yes, it might worthwhile to get professional help. If you're concerned or unsure, there is lots of support out there.


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MENTAL HEALTH

For more information visit
thinkmentalhealthwa.com.au



Looking after your own mental health

Parenting or caring for a child or young person can be tough.

It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about. There's plenty of [help](#) out there. You should never feel like you have to cope on your own. Maybe there's family, friends or a colleague who could support you? Kids Helpline has lots of support for parents, including a helpline and guidance around parenting a child with a mental health issue or condition.

Find out more about how to look after your [mental health and wellbeing](#).

In an emergency call 000 or visit your local emergency department



Get support

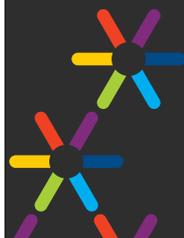
There are hundreds of mental health and alcohol and other drug services across Western Australia.

You can get help by:

-  [Calling a helpline](#) if you are looking for someone to talk to. They are there to listen, provide advice, information and referrals.
-  Searching the [My Services online directory](#), which helps make it easier to navigate the system and find the right support for mental health, alcohol and other drug issues.
-  [Visiting your GP](#) for advice and support
-  Seeking support online via [live chat and online forums](#).
-  [Community support services](#) provide support to individuals, families and carers to help with mental health, alcohol or other drug issues.
They include:
 - mobile outreach services;
 - drop in centres;
 - group programs;
 - personalised support services to enable people to remain in their home or local community; and
 - programs for families and carers.

It's important that you find the right service for you and keep looking if you haven't found it yet. Mental health services may require a referral from a General Practitioner, private psychiatrist or public mental health service. We recommend you check with the service you're interested in to make sure. If you are ever in doubt, seek advice from a health professional such as your GP.

Think Mental Health thanks and acknowledges the Public Health England's NHS [Every Mind Matters](#) for use of this content. Last updated: December 2020



For more information visit
thinkmentalhealthwa.com.au


MENTAL HEALTH



LOCAL CONTACTS



Useful mental health contacts

Think Mental Health

Visit the website for more information on the campaign and other mental health and wellbeing content.
www.thinkmentalhealthwa.com.au

National Mental Health Support Services

Beyond Blue

Beyond Blue provides information and resources on anxiety, depression and suicide prevention, free of charge, to the Australian community.

Beyond Blue Support Service on 1300 22 4636 or www.beyondblue.org.au/resources

Lifeline WA

Lifeline WA provides people experiencing a personal crisis or thinking about suicide with access to 24 hour crisis support and suicide prevention services. Our 13 11 14 service is a nationally-routed crisis support number, available every day of the year, from any location in Australia. www.lifelinewa.org.au

MensLine Australia

MensLine Australia is a national telephone and online counselling service for men with family and relationship concerns.

They support men who are struggling to deal with issues related to their relationships with partners, children, family, friends or workmates. MensLine Australia is here to help anywhere, anytime. Call 1300 78 99 78 www.mensline.org.au

Kids Help Line

Kids Helpline is Australia's only free, private, and confidential 24/7 phone and online counselling service for young people aged 5 to 25. Counselling is currently offered by phone 1800 55 1800. [Webchat](#), and [email](#).

You can talk about anything! Maybe something has happened at home or school and you're not sure what to do about it. You might be [feeling sad](#), scared, angry, lonely, or just want to talk to somebody who understands. Young people contact us about all kinds of things including friendships and relationships, family issues, [bullying](#) and [cyberbullying](#), school and study stress, gender identity, sexuality, mental health, feeling sad or upset, [body issues](#), or because they're feeling unsafe.

WA Mental Health Support Services

The Regional Men's Health Initiative

The Regional Men's Health Initiative is comprised of a team of people who are passionate about raising awareness of men's health and wellbeing in rural and regional communities. It is important to identify that The Regional Men's Health Initiative is not a health organisation. Rather, they act as a bridge of support and education to rural and regional men, communities and health services. (08) 96 902 277, www.regionalmenshealth.com.au or menshealth@4blokes.com.au

Wungening Aboriginal Corporation

Wungening Alcohol and other Drug (AOD) Support Services are a multidisciplinary team who have a strong focus on cultural security in service delivery for the community. Together the team provide programs to Aboriginal youth, families, men, women (and their

children), schools and community groups. www.wungening.com.au

Alcohol & Drug Support Line

For anyone concerned about their own or another person's alcohol use or drug use. A 24-hour, state-wide, confidential telephone service. Metro callers - (08) 9442 5000. Country callers only (toll-free) - 1800 198 024. alcoholdrugsupport@mhc.wa.gov.au

WA Country Health Service

The WA Country Health Service is committed to providing accessible health services to the regional population, and a quality health care workforce. Find out more about our strategic planning, organisation, policies and priorities. www.wacountry.health.wa.gov.au/index.php?id=contacts

Other resources

Hey Sport, R U OK?

Hey Sport, R U OK? is a campaign to benefit all participants, officials, administrators and supporters across the grassroots sporting community. <https://www.ruok.org.au/sport>

Headspace

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. *Headspace* can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support. www.headspace.org.au

LGBTIQ+ Health Australia

LGBTIQ+ Health Australia is the national peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, intersex and queer people and other sexuality and gender diverse (LGBTIQ+) people and communities. We recognise that people's genders, bodies, relationships and sexualities affect their health and wellbeing in every domain of their life. www.lgbtiqhealth.org.au

Mental Health Commission – Suicide Prevention Coordinators Network

Goldfields CADS – Hope Community Services

Susan Kusters. Ph: 9021 3069 / Mob: 0423 263 042 (Personal) / E: susan.kusters@hopecs.org.au

Great Southern – Palmerston

Kristin Haefner (0.7 FTE). Ph: 9892 2100 / E: khaefner@palmerston.org.au
Hannah Dube (0.3 FTE). Ph: 9892 2100 / E: hdube@palmerston.org.au

Kimberley Mental Health and AOD Service – WACHS

Sue Luketina (appointed, starting date to TBA)
Matt Looker (Manager). Ph: 08 9194 2661 / E: Matthew.Looker@health.wa.gov.au

Metropolitan North - Neami National - Joondalup, East - East Victoria Park, South - Shenton Park

Alison Clements - Manager/Coordinator (East Metro). Ph: 9381 7727 / E: alison.clements@neaminational.org.au
Brad Ibister (North Metro). Ph: 9301 1227 / M: 0428 023 702 / E: bradley.isbister@neaminational.org.au
Ninka James (one day/week) (South Metro). P: 9381 7727 / M: 0427 722 010 / E: ninka.james@neaminational.org.au
Neeka Zand (East Metro). Ph: 9388 2298

Midwest Mental Health and AOD Service – WACHS

Elizabeth Lockyer. Ph: 9956 1963 / E: Elizabeth.Lockyer@health.wa.gov.au
Isabel Ross. Ph: 9956 1883 / E: Isabel.Ross@health.wa.gov.au

Pilbara Mental Health and Drug Service - WACHS

Kesi-Maree Prior. Ph: 08 9174 1240 / Mob: 0455 114 337 / E: Kesi-maree.Prior@health.wa.gov.au

South West CADS – St John of God Bunbury

Kendra Grace (Mon-Thu). P: 9729 6726 / M: 0428 969 922 / E: Kendra.Grace@sjog.org.au
Nicky Smith (0.4 FTE). E: Nicky.Smith@sjog.org.au
Jacquie Tarrant. E: Jacquie.Tarrant@sjog.org.au

Wheatbelt Community Alcohol and Drug Service (CADS) - Holyoake

Jo Drayton. Mob: 0436 000 514 / E: jdrayton@holyoake.org.au



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