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Mental Health Services & Resources

Each year **1 in 5 Australians** will experience a mental illness. This might be you, someone in your family, a friend or someone you work with.

Australia has great mental health resources, but it can sometimes be hard to find the right ones. There are a range of helplines, websites and government information providers which offer a range of support services and counselling.

IS IT AN EMERGENCY?

If you or someone you know is at immediate risk of harm, CALL TRIPLE ZERO (000).

Similar to a physical first aid emergency, it is important that you do not put yourself at risk attempting to help others.

MENTAL HEALTH FIRST AID

Most of us are familiar with the FIRST AID Action Plan (DRS ABCD) to assess whether a patient has any life threatening conditions and if any first aid treatment is necessary, but did you know that there is also an Action Plan to use when providing support to a person who may be experiencing a distressing situation (such as panic attack, anxiety, depression or psychosis)?

The Mental Health First Aid (MHFA) Action Plan has five (5) steps:

- A**pproach the person, assess and assist with any crisis
- L**isten and communicate non-judgementally
- G**ive support and information
- E**ncourage the person to get appropriate professional help
- E**ncourage other supports

Mental Health First Aid Australia offers a 2-day course (Standard Mental Health First Aider) which teaches people the skills to help someone they're concerned about.

Starting a conversation with someone you care about can be tough. You might worry that you don't know how to start, or that you might make someone feel worse. If there are Mental Health First Aiders in your organisation, you might ask for help or there are other crisis hotlines you can call for advice or tips on how to start.

PRACTICE SELF CARE

It can be hard to support or take care of others if you are not taking care of yourself.

Self care doesn't have to be complicated. It can be as simple as completing small tasks so you have time to relax later. Self care is not face masks, bubble baths or day spa's (although it can be if they are all things you enjoy!). Self care means different things to different people. For you, it might be:

- Get a good night's sleep
- Listen to music you enjoy
- Set boundaries (say no!)
- Spend some time alone
- Ask for help
- Spend time in nature
- Do something that physically makes you feel good
- Read or watch something funny
- Turn off your phone for a few hours
- Take on a home improvement project

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Mental Health Services & Resources cont.

24/ 7 MENTAL HEALTH RESOURCES & SUPPORT SERVICES

There are many resources you can refer to for information about mental illness. There are also a number of helpful helplines, websites and government information services.

We have listed below some of the well known Australian support services, developed by credible resources such as Australian Universities and national non-government organizations.

For more options, head to the online eMHPac website www.emhprac.org.au/directory/

BEYOND BLUE

Anyone feeling anxious or depressed

W: beyondblue.org.au

T: 1300 22 4636 (24/7 crisis support)

(Webchat and email support also available)

MENSLINE

Men with emotional or relationship concerns

W: mensline.org.au

T: 1300 78 99 78 (24/7 crisis support)

(Online counselling also available)

LIFELINE

For anyone having a personal crisis

W: lifeline.org.au

T: 13 11 14 (24/7 crisis support)

CRISIS TEXT 0477 13 11 14 (24/7 support)

SUICIDE CALL BACK SERVICE

For anyone thinking about suicide

W: suicidecallbackservice.org.au

T: 1300 659 467 (24/7 crisis support)

KIDS HELPLINE

Counselling for young people (5 to 25) and support for their families

W: kidshelpline.com.au

T: 1800 55 1800 (24/7 support)

(Webchat and email support also available)

HEADSPACE

Access to personalised mental health support

W: headspace.org.au

T: 1800 650 890 (9am to 1am AEST)

(Webchat and email support also available)

PHOENIX AUSTRALIA

Trauma support and online training programs

W: phoenixaustralia.org

(This is not a crisis support service)

SANE HELPLINE

Information, support and online forums for the individual, or family and friends

W: sane.org

T: 1800 18 7263 (this is not a crisis hotline)

HEAD TO HEALTH

Mental Health portal

W: headtohealth.gov.au

LIFE IN MIND

Suicide Prevention Portal

W: lifeinmindaustralia.com.au