



# WA MENTAL HEALTH WEEK 2020



*Strengthening  
our Community*  
LIVE • LEARN • WORK • PLAY

10-17 OCTOBER

[mentalhealthweek.org.au](https://mentalhealthweek.org.au)

  #strongertogether @MentalHealthWeekWA



Government of Western Australia  
Mental Health Commission



**WAAMH**  
Western Australian Association  
for Mental Health



WA Mental Health Week 2020 is focused on our recovery as a community while we move out of the COVID-19 pandemic and rediscover our new normal, where we are #strongertogether.

Mental Health Week is a state-wide initiative that raises awareness of mental health, the challenges and experiences that occur in our community, and it reminds us to take care of our mental wellbeing. It lets us connect with those around us and celebrate recovery. This booklet contains information and resources to help you reach or maintain your own mental wellbeing and to help you support those close to you, whether it's where you live, learn, work or play.

Mental Health Week is proudly hosted by the Western Australian Association for Mental Health supported by the Western Australian Mental Health Commission.

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*Thank you to all of our sponsors*



Each year, one in every five Australians will experience a mental health issue, and almost half will experience a mental health issue in their lifetime. There is no shame in seeking help.

Mental health is not just about a diagnosed mental health issue. It is about the way we think, feel and develop relationships.

Looking after our mental health and wellbeing is something we should do on a daily basis. When we go through tough times, little things can make a difference to how we feel and how we cope with life's ups and downs.

#### Your Mental Health Week WA checklist:

- ☐ Have I arranged to catch up with friends or family recently?
- ☐ Am I being open with people I trust about how I'm feeling?
- ☐ Have I been sleeping well lately?
- ☐ Have I been physically active?
- ☐ Have I scheduled in time to get outside and enjoy nature?
- ☐ Am I feeling well and able to cope with life?
- ☐ Am I keeping my drinking to a minimum?

Other things you can try are available at [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)

**We're all different and what works for one of us may not work for another.**



## *Set some goals!*

Goal setting is a great way to focus on the things that are important to us and help us visualise how we want our life to be, according to HealthDirect.

Take some time to consider what is important to you – it can be about anything! From creative, to educational, to relationships, to health goals.

- Jot down three goals.
- Now list three things you need to do to achieve them.
- When can you reasonably do this by?
- How will you know you've reached your goal?
- How will you celebrate your achievement?

# Danielle's story

In the course of seeking support for my mental health, I came across a mental health community service. This was where my healing began.

The program was recovery orientated and person-centred, incorporating a holistic approach that acknowledged the impact of social determinants on health and wellbeing.

I learnt there was much more to me than the limiting diagnosis I had received. In conjunction with clinical psychology to address and heal childhood traumas, I essentially just needed to tweak some of my lifestyle factors.

The support workers held hope for me while I found it for myself and the biggest learning was that there is nothing wrong with me for experiencing normal human emotions in response to adverse life events.





**Strengthening the mental health  
of the WA community for 45 years.**

[www.rw.org.au](http://www.rw.org.au)

# FAMILY AND RELATIONSHIPS

Home is where our health is! We've spent a lot more time in our own space and company in 2020.

- **Balance your work and home life**

Bringing work into our homes was necessary for a while, and many are still juggling that balance. It's important to set work/life boundaries. There are some great tips on how to handle this at the Black Dog Institute website – just google their Working from Home checklist!

- **Managing our relationships**

Beyond Blue has some great tips on maintaining healthy and happy relationships during COVID-19, including: Trying to stay on the same team, taking the time to listen to one another and giving each other some space. Read more on their website at [beyondblue.org.au](https://beyondblue.org.au)

- **Share a meal together and practice self-care**

A fun way to bring the household together is with food! Put your aprons on and invite everyone to lend a hand in the preparation of a meal you all share together. Snap a pic and tag it #StrongerTogether so we can share it on our socials!

For more information on healthy relationships, visit [relationships.wa.org.au](https://relationships.wa.org.au)



Mentally Healthy WA

# FIND AN ACTIVITY NEAR YOU



Find free or low cost events, clubs or groups to help you Act-Belong-Commit

[actbelongcommit.org.au](https://actbelongcommit.org.au)



# COPING WITH GRIEF AND LOSS

**Grief and loss can occur for a variety of reasons – losing someone you love, a pet, or a way of life. Grief after loss is healthy, and a normal part of the healing process. It can take different lengths of time to move through depending on the individual and that's okay.**

**Below are some tips to help you through this period:**

- Seek support for grief and loss.
- Turn to family members and friends.
- Accept that many people feel awkward when trying to comfort someone who is grieving.
- Draw comfort from your faith.
- Join a support group.
- Talk to a therapist or grief counsellor.

**Take care of yourself as you grieve**

- Let your feelings out, knowing the healing process takes time – try not to suppress your feelings, but show yourself some compassion as this is not an easy task. You can do this with the support of a friend, family member or health professional.
- Try to maintain your hobbies and interests – maintaining fun and pleasurable activities will help you along your journey to recovery, as well as maintain your social connections.
- Don't let anyone tell you how to feel, and don't tell yourself how to feel either.
- Plan ahead for 'triggers' that may appear in the future – anniversaries, holidays and other significant milestones.
- Practice gratitude – write down a list of things you are grateful for, and return to the list whenever you're feeling down. It can be as simple as being grateful for your morning coffee.
- Look after your physical health – coping emotionally will be easier if you are physically well. This means getting enough sleep, eating well and exercising, avoiding recreational drug use and keeping alcohol use to a minimum.

**For more information or support on coping with grief and loss:**

- Australian Centre for grief and bereavement - [grief.org.au](http://grief.org.au)
- Lifeline (anyone having a personal crisis) - call 13 11 14 or chat online
- beyondblue (24/7 support and advice) - call 1300 22 4636 or chat online
- Kids Helpline (ages 5-25) - call 1800 55 1800
- ReachOut (for young people) – [reachout.com](http://reachout.com)

# FINANCIAL RECOVERY

**Financial stress can be tough and can put pressure on different aspects of your life.**

Below are some tips to help you tackle this challenge:

- Focus on the things that you can control e.g. spending.
- Avoid payday lenders.
- Set financial priorities.
- Write a budget and set financial goals.
- Contact your utility companies (gas, power, internet, etc) and ask if you can set up a payment plan for household bills.

You don't have to do this alone - contact a financial counsellor and get them to help you. Some organisations like The Salvation Army offer free financial counselling services.

For more information you can contact the National Debt Helpline on 1800 007 007 or visit **[ndh.org.au](https://ndh.org.au)** or **[moneysmart.gov.au](https://moneysmart.gov.au)**

For emergency assistance visit **[ndh.org.au/Debt-solutions/Emergency-assistance/](https://ndh.org.au/Debt-solutions/Emergency-assistance/)**





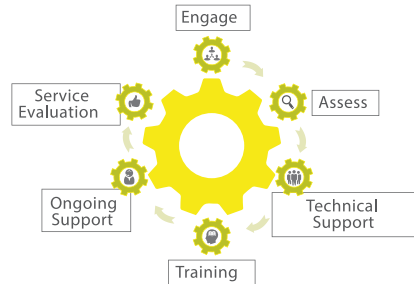
# JOB LOSS

Losing your job can be distressing, confusing and creates upheaval.

Tips for helping you get back to work:

- Give yourself time to grieve.
- Talk to your family and friends. Let them know if you are having a good or a rough day.
- Share with your network so they know you are actively seeking employment – job opportunities can present themselves through word of mouth.
- Get educated – there are heaps of FREE online courses.
- Volunteer – employment opportunities often arise from those who are already connected to an organisation through volunteering.
- Register with employment agencies.
- Your job or volunteer position can provide a sense of purpose, self-esteem and social connection as well as financial stability or career prospects – all important for your mental health!

Individual Placement and Support (IPS) is an evidence based integrated employment model providing support for real jobs for real pay



**The team at IPS WORKS can provide support to your organisation to implement the model, providing training and support and conduct fidelity reviews in line with international standards**

Experiencing drug and alcohol challenges, estranged from his parents, and an ASD diagnosis. Ben found himself experiencing financial stress, a lack of motivation to engage at TAFE and his mental health deteriorating.

Ben was referred to the Individual Placement and Support program at headspace. There he made a real connection with the Vocational Specialist who took the time to listen and support Ben to explore what he wanted.

After identifying employment was more important to him than TAFE the Vocational Specialist commenced rapid job search meeting face to face with employers in the local community.

Ben was introduced to an employer where he began working two days a week assisting with the gardens and general maintenance. He was also supported to navigate Centrelink and assisted with access to Youth Allowance. It has been more than six months since Ben commenced work and with his financial challenges addressed, and the IPS specialist as a strong support for him, he has now recommenced counselling to work on other areas of his life he would like to look at re-engaging in.

## *Mental health recovery through employment*

ipsworks@waamh.org.au  
1 Nash Street, Perth, WA, 6000  
(08) 6246 3000

follow us:   



**WAAMH**

Western Australian Association  
for Mental Health

**Do you  
support a  
loved one  
with mental  
ill-health?**

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**Call us to see  
how we can help**



**FREE CALL**

**1800 811 747**

[helpingminds.org.au](http://helpingminds.org.au)



  
**helpingminds**  
Mental Health Services & Carer Support

# ALCOHOL AND OTHER DRUGS

Changes in your life may lead to changes in alcohol or other drug use. Alcohol and other drug use can impact on both our physical and mental health, as well as the health of the people around us.

Information, treatment, and support are available from specialist alcohol and other drug services throughout Western Australia.

## Specialist alcohol and other drug services:

- Aim to improve health and wellbeing and reduce the risk of harm.
- Understand that alcohol and other drug use and mental health issues often occur together.
- Include individual and group counselling, detoxification and withdrawal, pharmacotherapy, residential rehabilitation, education, prevention and more.
- Can refer to other relevant health and community services.
- Meet recognised quality standards.
- Strive to be culturally secure and meet the needs of a diverse range of people.

## Want More Information?

- Call the Alcohol and Drug Support Line on (08) 9442 5000 or 1800 198 024 (country callers) 24/7 for free, confidential information, support and referrals.
- If English is not your first language, you can call the Translating and Interpreting Service by phoning 131 450.
- Visit the My Services online directory to find the right support for you – [myservices.org.au](http://myservices.org.au)
- Visit Alcohol. Think Again – [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)
- Visit Drug Aware – [drugaware.com.au](http://drugaware.com.au)
- Visit the WA Network of Alcohol and other Drug Agencies (WANADA) - [wanada.org.au](http://wanada.org.au)

*Information supplied by WANADA.*

## Positive Coping strategies

- Ask for support – It's okay to ask a friend, colleague or your GP for help.
- Write a TO DO list so you can achieve specific tasks every day.
- Go for a walk – physical activity, fresh air and sunshine can be restorative.
- Diversion – write, draw, read, colour-in, play a game, learn something new, watch something on TV – these are great options for feeling occupied and productive.
- Visit [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au) for more strategies on looking after your mental health and wellbeing

# SUICIDE PREVENTION

**Everyone has a role to play in preventing suicide. If you're concerned someone may be thinking about suicide, the best way to find out is to ask them. Ask them an unambiguous and direct question about suicide. You can start with what you've noticed, for example "You sound really sad when you say the situation is hopeless. Are you thinking about suicide?"**

Understandably, people are often worried or nervous to ask this question. For the person with thoughts of suicide, it can feel like a great sense of relief to be asked and to be able to answer honestly.

- Ask directly about suicide.
- Listen to the person and allow them to express how they are feeling.
- As a helper we can tend to want to rush to find a fix. Try to set that aside to acknowledge how they are feeling right now.
- Don't agree to keep suicide a secret.
- Get help. Call a crisis line like Lifeline 13 11 14. Ask the person what support they need from others to connect with appropriate help now, like a GP or psychologist.
- Call 000 if life is in danger.

Suicidal thoughts can occur to anyone at any point of their life, and they are more common than people may realise. It's important to reach out and let someone know how you're feeling. Talk to someone today. You can call Lifeline 24/7 on 13 11 14.

**Places to go for help now: For immediate crisis intervention when life may be in danger, call the ambulance or police on 000, or go to your local hospital emergency department.**

For further information about places to go for help when someone is at risk of suicide, visit the Lifeline website [lifeline.org.au](http://lifeline.org.au) or national helplines:  
Lifeline 13 11 14                      Mensline Australia 1300 78 99 78  
Kids Helpline 1800 55 1800        The Suicide Call Back Service 1300 659 467

*This information was provided by Lifeline WA.*

# CULTURALLY SAFE ASSISTANCE

**If you identify as an Aboriginal person or Torres Strait Islander, are from a diverse cultural background or speak English as a second language, there are support services that can make you feel safe and confident in seeking help.**

Wungen Kartup Specialist Aboriginal Mental Health Service supports both Aboriginal consumers and carers in accessing mainstream mental health services. Phone 08 9235 2400.

Embrace Multicultural Mental Health is an online platform empowering Australians from multicultural backgrounds to embrace mental health and wellbeing. You can select your preferred language to view mental health resources in. Visit [embracementalhealth.org.au](http://embracementalhealth.org.au)

Multicultural Services Centre offer culturally and linguistically appropriate support, with mental health services provided in your preferred language. Phone 08 9328 2699.

Ishar Multicultural Women's Health Services provide a range of services to women from all cultural backgrounds. Phone 08 9345 5335.

**Metropolitan Migrant Resource Centre has a range of programs to assist newly arrived migrants, that are culturally and linguistically appropriate. Phone 08 9345 5755**

**If you are in crisis, you can contact Lifeline on 13 11 14**



**The world has changed but  
there's support if you need it.**

**And your GP is a great place to start.**

For more info visit: [wapha.org.au/get-support](http://wapha.org.au/get-support)



# CRISIS AND MENTAL HEALTH SUPPORT LINES

Talk to a loved one, your GP, or call the following support lines

**Beyond Blue** 1300 224 636

**Butterfly Foundation** 1800 334 673  
(eating disorders, Monday-Friday 8am to 9pm AEST)

**Child Protection and Family Support Crisis Care Helpline**  
08 9223 1111 or 1800 199 008 (Country Toll Free)

**Headspace** 1800 650 890  
(seven days a week from 9am to 1am AEST) (12-25 year olds, family and friends)

**HealthDirect** 1800 022 222 (general health information and advice)

**Kids Helpline** - 1800 551 800 (5 to 25 year olds) or  
1800 654 432 (parents)

**Lifeline** 13 11 14

**Men's Line Australia** 1300 789 978

**Mental Health Emergency Response Line**  
Metro - 1300 555 788 (Available 24 hours, 7 days a week)  
Peel - 1800 676 822 (Available 24 hours, 7 days a week)

**PANDA** 1300 726 306 (perinatal anxiety and depression)  
Monday to Friday 9am to 7.30pm AEST)

**QLife** 1800 184 527  
(LGBTI+, 3pm to 12am)

**Rurallink** Free call - 1800 552 002  
Availability 4.30pm – 8:30am Monday to Friday and 24 hours Saturday, Sunday and public holidays. During business hours you will be connected to your local community mental health clinic

**Suicide Call Back Service** 1300 659 467

**The Samaritans Crisis Line** - 08 9381 5555 (main line)  
08 9388 2500 (Youth Line) or 1800 198 313 (Country Toll Free)

**Wellways** 1300 111 400  
(mental health system navigation, Monday - Friday 9am to 9pm AEST)

**Youth Beyond Blue** - 1300 224 636 (12-25 year olds)

Details of more helplines can be found at [mhc.wa.gov.au/helplines](https://mhc.wa.gov.au/helplines)



# ALCOHOL AND OTHER DRUG SUPPORT LINES

**Alcohol and Drug Support Line** 08 9442 5000 or  
1800 198 024 (Country Toll Free)

**Parent and Family Drug Support Line** 08 9442 5050 or  
1800 653 203 (Country Toll Free)

*Ashleigh's story*



A referral to Richmond Wellbeing's Recovery House - a live-in supported accommodation service - was literally my last shot at turning my life around.

Being a part of the mental health system since I was 14-years-old, the program was different to anything I had ever tried, but I thought I would give it a go, as I had nothing to lose.

It saved my life. I was a shell, I had no hope before entering the program. I didn't care at all and that was a scary place to be.

For the first time in years I was treated as an individual and not just another number. I was seen as a person with my own goals and my own struggles and was treated as such.

## Need help for mental health, alcohol or other drug issues?



**My Services** is an online directory that helps make it easier to find support services.

Visit [myservices.org.au](https://myservices.org.au) to find the right support for you or someone close to you.



Government of Western Australia  
Mental Health Commission

*We're working for  
Western Australia.*



Celebrate your recovery or help us break stigma by purchasing a Mental Health Awareness ribbon.  
Green is the colour of mental health representing hope, strength and support.  
To buy your ribbon visit [mentalhealthweek.org.au/ribbons](http://mentalhealthweek.org.au/ribbons)

Mental Health Week is proudly hosted by the Western Australian Association for Mental Health (WAAMH)  
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For more information visit [waamh.org.au](http://waamh.org.au) or [mhc.wa.gov.au](http://mhc.wa.gov.au)  
For training, sector development and membership visit [waamh.org.au](http://waamh.org.au)



**WAAMH**

Western Australian Association  
for Mental Health