

IMPROVE YOUR Wellbeing

What is Mental Health and Wellbeing?

Mental health and wellbeing refers to how well you're doing physically, emotionally, mentally, spiritually and socially. It concerns how you think and feel, as well as how you function.

Mental health and wellbeing depends on how you respond to things going on around you and the resources you have to deal with difficulties and challenges.

There are many things you can do to support your own mental health and wellbeing:

- spending time with your family;
- getting regular exercise;
- eating a healthy diet;
- using mindfulness or meditation techniques;
- taking time out for relaxation

It's important to keep up activities that you enjoy to maintain your resilience and maximise your enjoyment of life.

Just like eating well and exercising to keep your body healthy, there are things you can do to promote better mental health and wellbeing.

Is something not quite right?

Sometimes, despite your best efforts, you'll know that your mental health and wellbeing is not as good as it could be. You could be feeling really stressed and less able to cope with problems than you have in the past.

At work you might be experiencing things like:

- Finding it difficult to concentrate on tasks
- Turning up to work late
- Feeling tired and fatigued
- Being unusually tearful or emotional
- Getting angry easily or frustrated with tasks and/or people
- Finding it difficult to meet reasonable deadlines
- Finding it hard to accept constructive and well-delivered feedback
- Having difficulty managing multiple tasks or demands
- Using drugs and/or drinking alcohol to cope
- Experiencing loss of confidence and negative thought patterns
- Feeling restless, tense and on edge
- Avoiding certain workplace activities such as worker meetings
- Becoming overwhelmed or upset easily
- Finding it hard to make decisions
- Being constantly worried.

Stress is a normal response to new and/or increased demands in your environment. Sometimes such demands can be dealt with easily and you can use your usual problem solving or other supports to find a way through.

However, when the demands are more than you can deal with, stress can turn into distress. This can sometimes become a real problem that gets in the way of feeling good and getting things done. At these times you may need a little help, and talking to a professional could make a difference. If the distress is significant, you may in fact be experiencing a common mental health problem such as depression or anxiety, for which help and effective care are available.

It can be difficult to know when you need to get professional help. You can find out more about mental ill-health by taking a look at the following websites:

myCompass | mycompass.org.au

myCompass is an online and mobile phone program for people with mild-to-moderate stress, anxiety and depression. myCompass helps you monitor your moods, feelings and behaviours that may be troubling you. It also provides access to interactive self-help modules where you can learn the skills you need to manage your situation.

MindSpot | mindspot.org.au

The MindSpot clinic is a free telephone and online service for people experiencing anxiety or depression. Free online assessments and treatment courses are provided to help you learn about your symptoms and restore your mental wellbeing.



Do you need more support?

If you feel that you need to seek more support, there are a number of things you can do.

Chat to a GP who can give you some advice and refer you for more support if necessary. If you don't have a regular GP, check out the beyondblue website, which can be used to search for a GP with mental health training: beyondblue.org.au/get-support/find-a-professional

Contact the NSW Mental Health Line (24-hour telephone service) on 1800 011 511. You can speak with a mental health professional about what you are experiencing and be connected with appropriate care in your area.

Contact beyondblue 24-hour support service on **1300 22 4636** or you can go to the website for online support: beyondblue.org.au

Chat to your **workplace's Employee Assistance Program** (EAP). Some workplaces choose to support their staff by providing access to an outside service that you can contact to discuss work or personal issues. To find out if your employer has an EAP, ask someone in Human Resources or chat with your manager.

Remember if you don't find the right help the first time you try, it's important to keep trying. It's okay to ask again or talk to another professional until you find the support and help that is right for you.

If you need to talk to someone immediately, contact one of the following helplines. These services also provide some online crisis support at certain times of the day.

Lifeline 13 11 14
(24-hour telephone service)
lifeline.org.au

Suicide call-back service 1300 659 467
(24-hour telephone service)
suicidecallbackservice.org.au

In a life-threatening situation **call 000**

