

THE LITTLE BLUE BOOK.

The
straight-up
guide to
mental
wellbeing.



Self-loathing Awkward Overwhelmed Tired Sad

Whether you feel good or bad, there's always hope and help if you need it.



Lonely Anxious Worried Isolated No one understands No support network Furious Not interested Exhausted Can't concentrate Frustrated Not good enough

Sometimes life feels complicated. We're more connected to information, news, trends and opinions than ever before.

We often worry about what other people think and expect.

And it could feel like you're surrounded by pressure and expectation.

Different



Numb Scared Uncomfortable A little lost Embarrassed Stressed out No one is listening Confused Feel nothing I don't matter Struggling

It's normal to feel down, angry or overwhelmed every so often.

But if these feelings don't go away, or leave you feeling sad or worried, then you really should talk to someone about how you're feeling.

Your feelings can change. And so can your mental health.

We all have mental health, just like we have physical health. It's part of who we are.

And it affects our feelings, thoughts and actions.

Our mental health also impacts how we make decisions, handle stress and cope with challenges.

ALL KINDS
OF THINGS CAN
AFFECT YOUR
MENTAL HEALTH ...

- Problems with friends or family
- Problems with money
- Problems at school or work
- Not getting enough sleep
- Using drugs or alcohol
- Losing someone you love

Life isn't perfect for anyone.

Everyone faces difficult and stressful situations that can leave us feeling down.

But most of
the time, these
feelings are
temporary.

If these feelings last longer and start to affect your daily life, it could be time to check in with someone.





SOME OF THE THINGS YOU MIGHT FEEL:

- worried a lot
- tired or like it's hard to fall asleep
- restless and on edge
- no interest in things you used to enjoy
- like you don't want to hang out with your friends
- like being left alone
- not hungry or eating a lot more
- spaced out and forgetful
- sad and crying all the time
- worthless and without confidence
- like life is meaningless
- no feelings at all

You might also think about hurting yourself or have thoughts about suicide.

This is a serious sign that things are not ok.

IT'S TIME TO GET HELP. TELL SOMEONE.

Speak to your family, teacher or doctor.

These people can also help:

Kids Helpline 1800 551 800

E Headspace headspace.org.au/eheadspace

Lifeline 13 11 44

Your Local Mental Health Team 1300 64 22 55

SEEKING SUPPORT HELPS. THINGS CAN CHANGE.

There's a lot going on.

As you get older, it might feel like life just keeps getting tougher.

You're discovering who you are. Trying new things and facing new challenges.

Identity
Stress

Body image

Sexuality

Anxiety

Depression

LGBTIQ+

Alcohol

Bullying

Self-harm

Grief and loss

Culture

Consent

Discrimination



Loneliness

Assault

Family separation

Trolling

Breakups

Drugs

Chronic illness

Sexting

Belonging

This stuff can be hard.

BUT YOU DON'T HAVE TO FACE IT ALONE.

THERE ARE PEOPLE WHO WILL UNDERSTAND. AND PEOPLE WHO CAN HELP.

Build your team.

There are people who are ready to support you. It's ok to ask for help. And accept it.

You might already know some of your support team. Friends. Family. A teacher, guidance counsellor or youth worker.

They can listen and help you work out what to do next.

You might also need mental health experts on your support team. Together, they'll provide the right advice, strategies and treatment.

Guidance Officer

School-based Youth Health Nurse

Friends

PEOPLE I CAN COUNT ON

Teachers

Doctor

Counselor

Psychologist

Family

Other mental health expert

Coaches

WORRIED ABOUT TELLING YOUR PARENTS?

You might think your mum or dad won't understand. Or be angry or disappointed. But it's ok to be honest.

One step at a time.



1.

DECIDE WHO TO TALK TO FIRST, THEN TELL THAT PERSON HOW YOU'RE FEELING.

2.

MAKE AN APPOINTMENT WITH YOUR DOCTOR. THEY CAN HELP YOU DECIDE WHETHER IT'S TIME TO TALK TO A MENTAL HEALTH EXPERT.

3.

IF YOU'RE REFERRED TO AN EXPERT, YOUR FIRST APPOINTMENT IS A CHANCE TO GET TO KNOW EACH OTHER. IF YOU DON'T FEEL COMFORTABLE TALKING TO THEM, JUST ASK TO BE REFERRED TO SOMEONE ELSE.

4.

KEEP ATTENDING APPOINTMENTS WITH YOUR MENTAL HEALTH EXPERTS, FOR AS LONG AS THEY RECOMMEND.



Healthy habits for good mental health.

Even when life feels out of control, there are things you can do to take care of your mental health.

Everyone is different. Finding your own coping strategies will help you handle tough times in the future.

You can look after yourself with:

- Sleep routines
- Stress management
- Movement and exercise
- Nutrition
- Mindfulness

Good mental health can help you cope with tough times and the struggles of everyday life.

And you can build it,
one step at a time.

Read on to find out how

Fuel your body right

Maybe you grab the easiest thing to eat? Or forget to eat at all?

A healthy diet can help you feel more energetic and clear-headed.

And we all know how important it is to drink water. When you get dehydrated, you can feel tired and get headaches.

THINK TWICE ABOUT ALCOHOL AND DRUGS

They might seem like the answer, but could actually make you feel worse. Alcohol and many other drugs are depressants. They might provide an escape for a few hours, but later, you can feel even lower than before.



With enough sleep, it's easier to face the day.

If you're not getting enough sleep, you'll probably feel irritable and low in energy. It can be hard to concentrate and you're likely to forget things.

When you sleep well, big problems can become easier to manage. It's easier to find the solution to a problem.

IF YOU'RE FINDING IT HARD TO FALL ASLEEP, OR STAY ASLEEP, YOU CAN:

- Create a routine.**
Set your alarm to wake up at the same time every morning. And go to bed at the same time every night.
- Switch off the screens.**
Avoid your phone, laptop or TV for at least 30 minutes before bedtime. The light can make your brain think it's daytime still.
- Say no to naps.**
Daytime napping can make it harder to fall asleep at night.
- Relax your mind.**
Soft music, deep breathing and meditation can help calm the mind.
- Set your imagination to work.**
Imagine making something, or going somewhere, to distract yourself from worries.

APPS

Check-in - Beyond Blue

Worried about a friend? This app makes it easy to know exactly what to say.

Smiling mind

Meditation for young people. Use mindfulness to help your thoughts become more clear and calm.

Calm Harm

This app is designed to help people resist or manage the urge to self-harm.

Clear Fear

This app helps young people manage their anxiety.

PEOPLE TO TALK TO

Kids Helpline

1800 55 1800

Suicide Call Back Service

(24 hours a day, 7 days a week)

1300 659 467

Your Local Mental Health Team

(24 hours a day, 7 days a week)

1300 642 255

ONLINE INFO

Lifeline

www.lifeline.org.au

Beyond Blue

www.beyondblue.org.au

Youth Beyond Blue

www.youthbeyondblue.com

Headspace

www.headspace.org.au

ReachOut

www.au.reachout.com

Brave

www.brave-online.com

Building my mental health

Add your own ideas and actions to create a personal plan for better mental health.

Start here



Talk to someone you trust

See your doctor

Check your sleep habits

Get active every day

Grab a water bottle

Choose healthy food

Need help urgently?

Call Kids Helpline on
1800 55 1800, 24 hours a day.



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SOMETIMES IT CAN BE HARD TO FIND
A SENSE OF HOPE.

If you're struggling to cope or thinking about suicide, support is available.

You don't need to face your troubles alone.

**Call Kids Helpline on 1800 55 1800,
24 hours a day.**