

Mental Health: Warning Signs & Where to Get Help



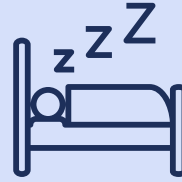
KompleteCare
Community and Home Care Services

Warning Signs



Feeling anxious or worried

Worry or anxiety that is constant and interfering with your daily life.



Issues with sleep

Change in sleep patterns, such as insomnia, sleeping too much or sleeping too little.



Changes in weight or appetite

Rapid changes in weight such as weight loss or gain.



Major changes in mood

Finding yourself sad or irritable for a few weeks or longer.



Feeling guilty or worthless

Thoughts such as 'it's my fault', 'I'm worthless', or 'I'm a failure'.



Self-isolation and quietness

Isolating yourself or withdrawing from life.

Where to Get Help



Beyond Blue

☎ 1300 224 636

🖱 beyondblue.org.au



Lifeline

☎ 13 11 14

🖱 lifeline.org.au



Mensline Australia

☎ 1300 789 978

🖱 mensline.org.au



headspace

☎ 1800 650 890

🖱 headspace.org.au



Mindspot

☎ 1800 614 434

🖱 mindspot.org.au



Suicide Call Back Service

☎ 1300 659 467

🖱 suicidecallbackservice.org.au

If you or someone you know is in immediate danger of hurting themselves or other people, it is an emergency and you should call triple zero (000), or head to your nearest emergency department.