

ARE YOU OKAY? YOUNG PEOPLE AND MENTAL HEALTH



cmy.net.au

Mental health can be described as how a person is feeling, coping and getting along with their life. Everyone goes through good and bad times in their lives and it's important to look after your mental health at all times.

Sometimes it's hard to explain how you are feeling to your parents or your community, especially if they don't understand mental health very well. Some communities may find it shameful or embarrassing to talk about mental health. There is nothing shameful about talking about how you feel or finding help.

Things to watch out for

Missing family and friends in your home country, fighting with family, breaking up with a girlfriend/boyfriend, problems at school or anything else may make you feel bad. If you have been having a hard time feeling okay, or something bad has happened recently it's important to know how to cope or find someone to talk to.

These signs might mean you are not feeling okay or not coping:



Having problems sleeping and feeling tired all the time

Feeling angry or becoming irritated easily



Feeling low or sad all the time



Feeling anxious or worried all the time



Eating too much or too little



Feeling dizzy or fainting



Having trouble concentrating

Using alcohol or drugs to help you feel better



Getting headaches or stomach aches all the time



Feeling that life is not worth living



LOOK AFTER YOURSELF

There are lots of things you can do to look after yourself and feel better:



GET ACTIVE. YOU NEED AT LEAST 30 MINUTES OF EXERCISE A DAY



SLEEP. YOU NEED AT LEAST 8 HOURS OF REST EVERY NIGHT

EAT WELL AND DRINK LOTS OF WATER



HAVE A SUPPORT NETWORK, FRIENDS AND FAMILY WHO BELIEVE IN YOU AND WHO SUPPORT YOU

TALK TO FRIENDS OR FAMILY



HAVE FUN. TAKE SOME TIME TO DO THINGS YOU ENJOY



LEARN HOW TO MANAGE YOUR TIME. ASK TEACHERS, YOUTH WORKERS OR OTHER TRUSTED ADULTS ABOUT WAYS TO MANAGE YOUR TIME AND YOUR RESPONSIBILITIES

GET SUPPORT

There are lots of services that are here to help you feel better:

Kids Helpline (for young people aged 5 – 25)
1800 55 1800 (24 hours a day, 7 days a week)
www.kidshelp.com.au/
Web counselling service available

Youth Beyond Blue
1300 22 46 36 (24 hours a day, 7 days a week)
www.youthbeyondblue.com/

Lifeline
13 11 14 (24 hours a day, 7 days a week)
www.lifeline.org.au/

Headspace
1800 650 890
www.headspace.org.au/

