

A graphic for WA Mental Health Week. It features a large red circle on the left containing the text 'WA MENTAL HEALTH WEEK' in white. To the right, the text 'MENTAL HEALTH STARTS WHERE WE LIVE, LEARN, WORK & PLAY' is written in white. Below this text is a wavy line with four circular icons: a house, a graduation cap, a musical note, and gears. The background is purple with white clouds and green hills at the bottom.

WA MENTAL HEALTH WEEK

MENTAL HEALTH STARTS WHERE WE LIVE, LEARN, WORK & PLAY

mhw.waamh.org.au

#mentalhealthstartshere    @MentalHealthWeekWA



Government of Western Australia
Mental Health Commission

Mental Health Week has been running in Western Australia for more than 50 years, and it's an important community-wide event to remind us all to be aware of our own and others' mental wellbeing. This booklet contains information and resources to help you reach or maintain your own mental wellbeing, and to help you support the people you care about in your life too, whether it's where you live, learn, work or play.

CONTENTS IN THIS BOOK

WAAMH's wellness wheel	2	Mental health training.....	7
Mental health where you live.....	3	How to have the conversation.....	8
Mental health where you learn.....	4	Think mental health.....	9
Mental health where you work.....	5	Culturally safe assistance.....	9
Mental health where you play.....	6	Crisis and mental health support lines.....	10



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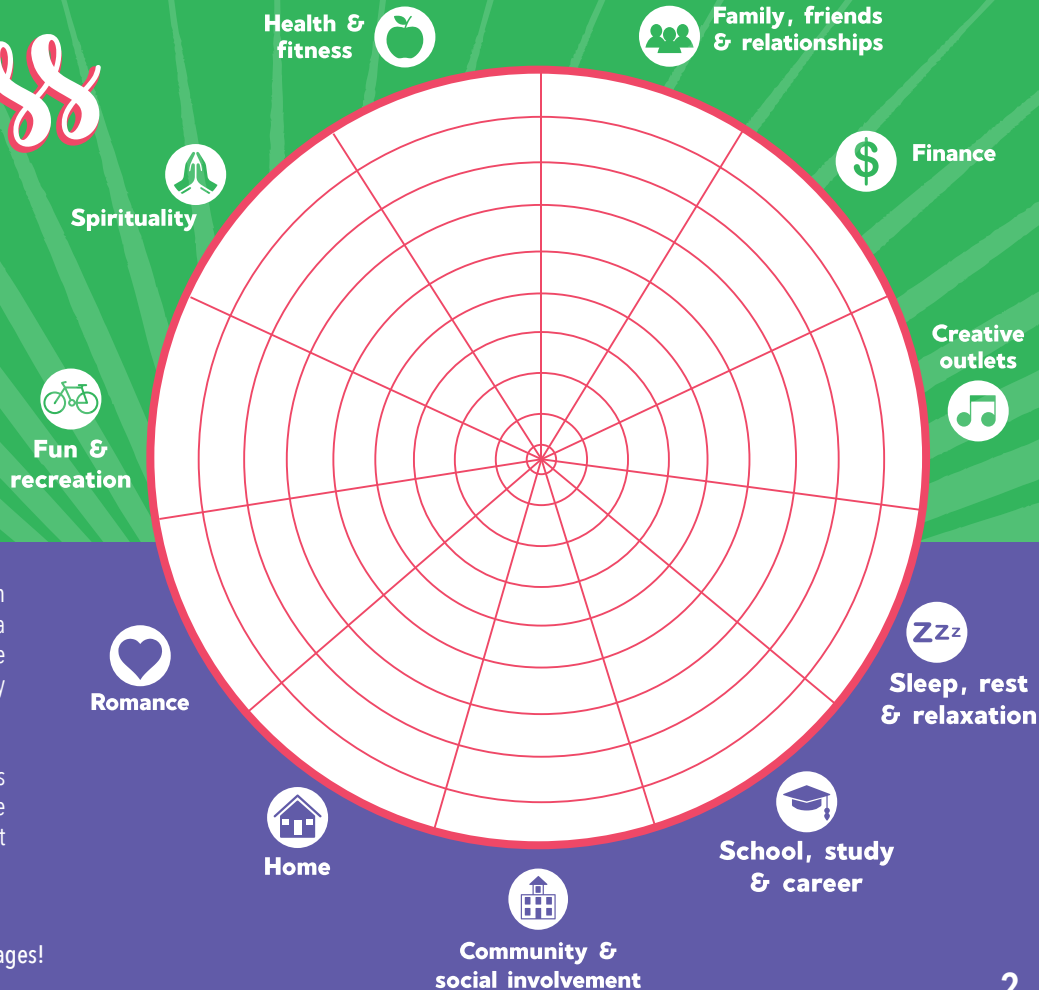
The Wellness Wheel

Instructions

The first step is to determine how you feel about each area of your life. Using the wellness wheel, place a dot between the inside circle (least satisfied) and the outer circle (most satisfied). This will help identify your levels of satisfaction in each category.

Next, look at the wheel and determine which areas you have an opportunity to make a change or increase your satisfaction level. You can set small goals that grow over time!

Need help addressing HOW to make these changes? This booklet provides some ideas in the following pages!



Mental health starts where you live



Family, friends and relationships

It's important for your mental wellbeing to have healthy and satisfying relationships with family, friends and significant others. Friendships and social activities help us create a well-balanced life – moving or changes in our personal lives can leave us looking for new friends and connections, which might be daunting. Try engaging with people who share common interests or live in your community. Relationships WA have free online resources to help you develop and maintain these healthy relationships, for families, partners, parents and more. www.relationshipswa.org.au

FAMILY FUN!

Looking for more ways to engage as a family? Why not check your local city, town or shire website for details on free community events

Community

Clubs and organisations like Men's Shed, Rotary Clubs, Country Women's Association and many more exist all around the state – check your local notice boards, Facebook pages and community events to learn more about who is in your community, and how you can contribute to their organisation.

Uncoupled families



There is technology that can support families through separation and divorce. Apps such as 2Houses and SharedCare may help with communication during difficult times and allow parents to share important information while co-parenting, as well as milestones and events in their childrens' lives.

TIP:

Technology can help! Apps such as Meetup or Friender can help connect you with people who have similar interests or are also looking to make new friends

Home and Safety

Home isn't just where we rest our head at night, it's also the feeling of comfort and security we feel there.

If you or someone you know is lacking in safety at home for any reason, there are organisations who can help.

EntryPoint Perth: (08) 6496 0001 or 1800 124 684 Monday to Friday 9am to 7pm; Saturday 9am to 5pm.

Crisis Care Helpline (08) 9223 1111 (24 hours/7 days) country free call 1800 199 008.

Homeless Advisory Service 1800 065 892 Monday to Friday, 8am to 5pm – information and assistance about crisis accommodation services.

Mental health starts where you learn



Resilience in kids

Fostering resilience means teaching our kids how to bounce back from challenges they may face, like moving house or preparing for a test, and is a skill for life – not just childhood. Beyond Blue's Healthy Families web page has some useful tips for building resilience in your child, beyondblue.org.au



Bullying

Bullying continues to be a concern to the mental health of our young people. Educate your kids on what bullying is, so they know the signs and can monitor their own behaviours. Talk about boundaries and what is and isn't acceptable when it comes to dealing with bullies. The first step to managing bullying is to get the school involved.

TIP:

Some healthy habits:
1. beat procrastination
by setting small milestones,
2. keep a schedule
and plan to study,
3. make time for fun.

Healthy study habits

Are you studying, or do you know a student who is? It can be a stressful time, so it's important to take care of your mental wellbeing. Many educational institutions have student advisors who can help with tips to keeping on track and provide support if the workload is getting to be too much. Speak to your school today!



Creative outlet

Why not learn something brand new? Adult study options, short courses and even apps that teach different languages are great ways to build our skills and stay mentally active. The sense of accomplishment that may come from learning new skills can improve our feelings of self-worth and support our mental wellbeing. Have you been to your community library recently? Or investigated if you have an Historical Society? There are a lot of ways to learn new things, and engage with other learners as well!



Mental health starts where you work



Mentally healthy workplace

Putting effort into making your workplace mentally healthy is one of the most impactful things you can do for the wellbeing of your workforce. Here are some tips:

- Encourage a healthy work/life balance, which could include flexible work arrangements and facilitating professional development opportunities.
- Encourage a team dynamic and set team goals to help foster a more collaborative and cohesive environment.
- Have a code of conduct or less formal agreement for how staff communicate, emphasising open, honest and respectful communication and deterring gossip.
- Ensure all staff are aware of the policy for managing situations if they feel bullying or any form of harassment has occurred.
- Consider an Employee Assistance Program (EAP) which can be vital in supporting the mental health of employees.

You can find more information to assist your workplace to promote positive mental health and wellbeing via the Thrive at Work website (www.thriveatwork.org.au).

The State Government Department of Mines, Industry Regulation and Safety has an online hub for mentally healthy workplaces, which can be found through a simple browser search. Not only is it smart business and the right thing to do, but creating a mentally healthy workplace is also the law.

Finances

Financial concerns can put a lot of stress on us, which, if left unchecked, can have a negative impact on our mental health. If you need assistance with finances, it's a good idea to visit the State Government financial assistance info page. Head to wa.gov.au and search 'financial assistance'.

TIP:

Find out more about fostering a mentally healthy workplace with Black Dog Institute

blackdoginstitute.org.au

Recognise the signs

Lack of enthusiasm, change in mood or demeanour, changes in productivity or performance, increased sick days or periods of leave, could all be a sign of someone struggling with mental health challenges. What can you do? If you're concerned for a colleague or employee, it's important to be understanding and supportive. Heads Up is an organisation promoting better mental health in the workplace, with online resources for both employers and employees, giving practical steps you can take to support mental health where you work. Visit headsup.org.au

Mental health starts where you play



Health and Fitness

Not only does a healthy and balanced life have a positive effect on your physical wellbeing but has also been proven to improve mental wellbeing as well. Here are some things you can do: increase your intake of nutritious whole foods, drink plenty of water, plan your schedule so you're getting enough sleep and find ways to stay physically active, which could be as easy as taking the stairs or parking further from work to increase your step count for the day. Getting outdoors and immersed in nature can help create a sense of calm, give you time to clear your head and put things into a fresh perspective.

Fun and recreation

Sporting clubs aren't just looking for participants - they also need volunteers for committees or coaching. If sport isn't your preferred activity, you can try other recreational things such as hiking, fishing or a dance class. If you have a local recreation centre, check with them for timetables and activities you can join in on. Or just head to the local park and go for a walk with your friend, child or pet.

Community involvement

Contributing in meaningful ways to our community is a fun and interactive way to keep mentally well. Participating with community centre activities, joining a play group or other social organisations, or just getting to know your neighbours can support your feelings of connectedness with your community. See our tips for volunteering programs!

Creative outlet

On the lookout for a hobby? Cooking, crochet, bush poetry, book club, gardening, painting, scrapbooking, baking and MORE could all be options for you. It doesn't have to be expensive, and there are many ideas online for free hobbies to try. Remember, a hobby isn't something you have to be great at, it can just be something you enjoy doing!

TIP:

Volunteering in your community is also an excellent way to get involved! Your local town, city or shire may need volunteers for community events. It's also worth checking if there is a designated volunteer centre in your community.



Mental health training

The Western Australian Association for Mental Health (WAAMH) offers a wide variety of mental health training for workers in the community mental health sector, other workers, people with lived experience of mental health challenges and others who are interested in learning about mental health.

Each semester, a schedule of courses is released which includes topics such as:

- Trauma-informed care
- De-escalation training
- Creating recovery plans
- Positive psychology tools
- Safe professional boundaries
- Everyday counselling skills

Standard courses can also be delivered at your organisation or venue of choice, on a date that suits you.

We can also provide customised courses upon request.

For more information on any of WAAMH's training, visit waamh.org.au/events or call the Training Coordinator on 08 6246 3000.



WAAMH

Western Australian Association
for Mental Health



Western Australian
Mental Health
Conference 2019

Strengthening our community

Hyatt | Perth

**19-20
NOV**

WA Mental Health
2019 *Awards*

18 November - Pan Pacific Perth



waamh.org.au/awards



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How to have the conversations



If you have identified signs that someone close to you is struggling with mental health challenges, it's important to try and start a conversation.

1. Make sure you choose the right time and place to talk. Choose somewhere private, in an environment the other person is comfortable in or familiar with. Allow enough time for the person to share their feelings properly and not feel rushed.
2. You can start the conversation in a number of ways. You may need to ask two or three times at different points in the week / month before a person opens up. You can try non-evasive questions such as these:
"I've been wanting to check in with you, because I know you've been under a lot of stress at work..."
"How are you handling (the situation), it seems like it could be tough..."
"I got quite down myself a few years ago, and I've noticed some of the same signs in you..."
3. If the person starts to share, it's important to listen without interruption, and try not to interject with your own thoughts and experiences until they have finished what they're saying. Put your phone or other distractions away and use positive body language to show you are genuinely listening and understanding such as nodding, eye contact, facing your body and hands towards the person.
4. Depending on what the other person says, you could respond with something like the following: "I'm glad you talked to me about this, you can always come to me if you need to talk more...I'll check in with you next week just to be sure you're feeling better."
"It sounds like you're having a tough time, it might be a good idea to look at speaking to your doctor..."
"I want to help you get some more support, should we find some together."



For more conversation starters, ideas and tips that can change lives, look at ruok.org.au
If you are deeply concerned for someone's safety, you can call a crisis hotline where trained professionals can talk to the person who is experiencing mental health issues. If life is in danger, call 000 immediately.

For immediate phone support if you or someone you know is considering suicide, contact: Lifeline 13 11 14
or the Suicide Call Back Service: 1300 659 467

Search the WAAMH Service Directory to find a community supports near you: waamh.org.au/organisation
Check out thinkmentalhealthwa.com.au for the Mental Health Check-Up Tool and other information and tips.
More helpful support lines can be found at the back of this booklet.



Culturally safe assistance

If you identify as Aboriginal or Torres Strait Islander, 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

MAITRI Mental Health Services, 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

Talking and listening are powerful.

We all experience mental health issues.
Check in on a mate if they're not going so well.

Visit thinkmentalhealthwa.com.au for more information

Crisis and mental health support lines



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

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)

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.

Lifeline - 13 11 14

Beyond Blue - 1300 224 636

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)

Men's Line Australia - 1300 789 978

PANDA - 1300 726 306 (perinatal anxiety and depression)

Monday to Friday 9am to 7.30pm AEST)

QLife - 1800 184 527

(LGBTI+, 3pm to 12am)

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)

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

Wellways - 1300 111 400

(mental health system navigation, Monday - Friday 9am to 9pm AEST)

Kids and Youth Mental Health Support Lines - 1800 048 63

Child and Adolescent Health Service urgent mental health support line 6

headspace - 1800 650 890

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

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

1800 654 432 (parents)

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

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)



The Western Australian Association for Mental Health (WAAMH) is acting to break down the stigma surrounding mental health challenges by providing Mental Health Awareness ribbons.

Through the visibility of these ribbons, we hope to inspire people to start conversations that save lives, share their experiences, and assist people in reaching out for support. By proudly wearing these ribbons, you're lending your voice to the chorus of people raising awareness and advocating for mental wellbeing.

Mental Health Awareness ribbons are available to purchase for \$1 each
On the Mental Health Week website: mhw.waamh.org.au/ribbons



WA Mental Health Week would like to thank Lotterywest for its support in 2019.