

Tackling MENTAL ILLNESS Together



**Black Dog
Institute**

How depression and mental illness affects your life

Each year **1 in 4** young people experience a mental illness



If you're feeling many of these symptoms a lot of the time, for 2 weeks or more, you should seek professional help

- Lowered self esteem / self worth
- Reduced motivation
- Reduced pain tolerance
- Poor concentration and memory
- Loss of enjoyment in life
- Changed sex drive
- Negative self talk
- Change in sleep
- Low energy levels
- Poor communication
- Can't process instructions
- Less able to control emotions
- Increased anxiety
- Change in appetite / weight
- Poor motor skills

Asking for help

If you're suffering, never be afraid to ask for help.

The first step is quite straightforward - see a doctor. or a school counsellor. A doctor will provide an assessment that will include a general checkup to see whether there are any physical causes to the symptoms, and assess the nature of the mental health problem.

The doctor can refer you to a psychiatrist, or suggest counseling. They can now also refer people to psychological services and sessions with an exercise physiologist.



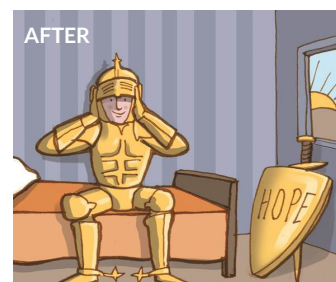
Other sources of help and information

BEFORE



- **For more information on depression and mental illness, go to:**
www.blackdoginstitute.org.au
- If you are in a crisis, call Lifeline on **13 11 14** or Kids Helpline **1800 55 1800**
- For other sources of information to help yourself or a friend, visit:

AFTER



RUOK?

