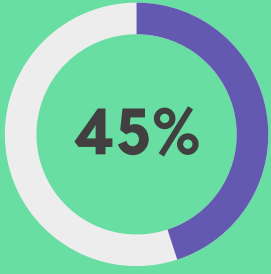
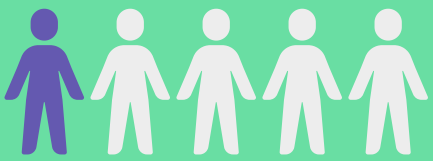


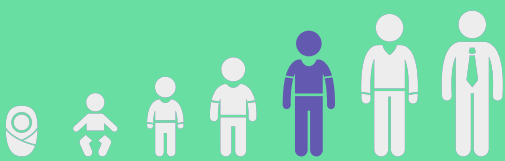
Let's talk about MENTAL HEALTH



Almost half of Australians will experience a mental illness in their lifetime [1]



Mental illness is very common. One in five (20%) Australians aged 16-85 experience a mental illness in any year



Prevalence of mental illness decreases with age, with greatest prevalence among 18-24 year olds

Language around mental health

Mental health is about your wellbeing rather than about an illness. It affects how we:



Think



Feel



Act

Do say

A person is 'living with' or 'has a diagnosis of' mental illness



5 TIPS TO LOOK AFTER YOUR WELLBEING



Focus on your physical health (sleep, exercise, food).



Nurture relationships and connect with others.



Take time out for things you enjoy. Balance in life is important.



Learn to manage stress.



Reach out for help when you need it.

Need more info?

Have a look at these pages

[Headspace](#)
[Beyond Blue](#)
[Embrace Mental Health](#)
[Foundation House](#)
[Health Translations](#)
[Lifeline \(13 11 14\)](#)



1. Australian Bureau of Statistics. (2009). National Survey of Mental Health and Wellbeing: Summary of Results, 4326.0, 2007. ABS: Canberra