### **Support for Carers**

These services offer free support, education, and connection for carers of people with mental illness or other health challenges.

- Carer Gateway
   1800 422 737
   Hours: 8am-5pm, Mon-Fri www.carergateway.gov.au
- Family and Carer Mental Health Program www.health.nsw.gov.au/mentalhealth/services/carers/ Pages/support.aspx

### **Peer Support & Online Communities**

- Wayahead Anxiety Support Groups www.wayahead.org.au/anxiety-programs/supportgroup-locations/
- Beyond Blue Forums forums.beyondblue.org.au
- **SANE Forums** www. saneforums.org
- Safe Havens
   health.nsw.gov.au/towardszerosuicides/Pages/safehaven.aspx

### Additional Support & Resources

- Wayahead Directory
   Find mental health services and support across NSW
   www. directory.wayahead.org.au
- Embrace Multicultural Mental Health www. embracementalhealth.org.au
- National Mental Health Commission www.mentalhealthcommission.gov.au/find-support



If you are worried about your own or someone else's immediate safety, **call 000**.

### **24/7 Support Services**

These helplines are available at all times for urgent mental health and crisis support.

- **Lifeline** 13 11 14
- Suicide Call Back Service 1300 659 467
- NSW Mental Health Line 1800 011 511
- **Beyond Blue** 1300 22 46 36
- **13YARN** 13 92 76

Crisis support for Aboriginal and Torres Strait Islander people

- Kids Helpline 1800 55 1800
- **Headspace** 1800 650 890
- SANE Australia 1800 187 263
- Alcohol and Drug Information Service (ADIS) 1800 250 01

### **General Helplines**

(Available During Business Hours)

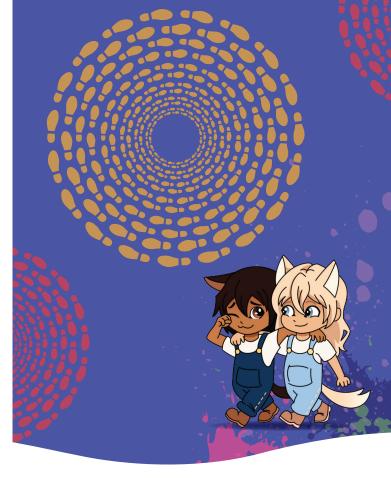
- Wayahead
   1300 794 991
   Hours: 9am-5pm, Monday to Friday
   Help finding the right mental health service in NSW
- QLife
   1800 184 527
   Hours: 3pm-12am, daily
   LGBTQI+ support and information

### **Professional Support**

If you need additional help, speak to your GP for a mental health care plan and referral to a mental health professional.

### 2025 Mental Health Month

## Taking Steps on Your Wellbeing Journey













## Step 1 **AWARENESS**

Noticing something has changed for you

The first step is noticing something has changed for you, maybe you're feeling different to your usual self, you've noticed a difference with how you think or what you think, you've noticed a change in how you spend your time/your day

Example: "You start to feel that something's wrong—maybe you're feeling more drained or overwhelmed than usual. This is the first step to realising that you need to pay attention to how you're feeling."

These steps are intended as suggestions or a helpful guide that you may consider on your wellbeing journey. Everyone's experience is different, and there's no single "right" way to move forward—you can move between these stages in a way that suits you best.

## Step 2 ACKNOWLEDGMENT

Recognising that support may be helpful

The second step is realising that it's okay to need support. Asking for help isn't a sign of weakness; it's a sign of strength. It's important to recognise when you could use some help or guidance, and to feel comfortable reaching out.

Example: "You acknowledge that it's okay to reach out for help. Whether it's talking to a friend, family member, or a professional, getting support is a healthy and important step."

# Step 3 ACTION

Taking concrete steps to improve your wellbeing

The third step is about doing something to improve your wellbeing. This might involve talking to someone, taking time for yourself, practicing selfcare, or seeking professional help.

There will be times when we feel stuck, overwhelmed, or unmotivated—and that's okay. In those moments, even a small step, like reaching out to someone or pausing for a moment, can help us get back on track. These small actions help us keep moving forward, even when it doesn't feel like we're making much progress.

### **Self-Help Tools**

These tools and resources are designed to help you manage your mental health and wellbeing independently.

#### **Journaling**

Write down your thoughts and feelings to better understand and manage emotions. This can help you reduce stress and mental clutter.

Free Mental Health Apps and Platforms

(all apps are accessible on iOS & Android Devices)

- Black Dog Institute (All Ages)
   Offers research-based tools including CBT programs, sleep support for teens, resilience training for youth, and resources for adults with intellectual disabilities.
   https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/
- Smiling Minds App (Ages 5+)
   Mindfulness app with guided meditations for kids, teens,
   and adults—supports focus, emotional regulation, and
   stress management.

www.smilingmind.com.au/smiling-mind-app

Medibank Digital Tools (All Ages)
 This page provides links to a variety

This page provides links to a variety of digital mental health apps, programs, and platforms designed to support people of all ages and needs.

www.medibank.com.au/health-support/mental-health/articles/digital-tools-for-mental-health/

Let's embrace the steps we've already taken and remember that every effort counts. No matter how slow things seem, we're still moving forward. This Mental Health Month let's keep looking after our wellbeing and support each other along the way.