



Speaking up about
mental health
saves lives.

**PEOPLE CAN BE SCARED TO
TALK ABOUT MENTAL HEALTH.
IT SHOULD BE THE OPPOSITE.
MOST PEOPLE START TO FEEL
BETTER ONCE THEY GET THE
HELP NEEDED.**

Why?

1 in 5 Australians have a mental health condition each year - that's 5 million Australians every year.

So depression and anxiety are not rare - they are common illnesses.

How?

Mental illness can strike anyone at any time for no reason.

Problems at work, like being bullied can contribute.

Life problems like family or money worries can also contribute.

What?

There are many signs that a person may be getting ill. **Question for team: What are 2 or 3 signs you might notice in a mate experiencing mental illness?**

Where? If you can get a mate to accept some help, it is probably one of the best things you can do for them. Take a photo of the resources with your phone and keep this information handy in case you or a mate need help! **Find resources on the next page.**

MPATAS Facts: Mental Health Resources for TAS.

24/7

NEED HELP

NOW!

**EASY, FREE
MEDICARE**

SERVICES

- Emergency Call **000**
- Lifeline Call: **13 11 14**
- Lifeline Text: **0477 131 114**
- Lifeline Chat:
lifeline.org.au
- Access Mental Health: for anyone experiencing a mental health crisis in Tasmania: **1800 332 388**
- Suicide Call-Back Service **1300 659 467**
- Beyond Blue **1300 224 636**

- Medicare Mental Health phone service: weekdays **1800 595 212**
- Launceston Mental Health Centre: **1800 595 212**
- Devonport Mental Health Centre: **1800 595 212**

VISIT

**YOUR FAMILY
DOCTOR**



Your family doctor or GP is an expert in mental health. Make an appointment with your GP, or find a GP at your local clinic.