



Hi. What can we help you with today?

**I'm a young person -  
and I'm looking for information -  
about mental ill-health -**

Go

# headspace fact sheet toolkit



We're here to help





# Not feeling too deadly?

**Nobody is 100% all the time and that's OK. When you are as strong and deadly in as many parts of your life as possible, then you're a stronger you for you, your family, your friends and your community. There is nothing selfish about taking the time to care for yourself.**

## what might you notice?

Sometimes it can be hard to notice that we might not be feeling 100%. That is normal. Here are some signs to look out for that we might need to pay a little attention to our wellbeing.

If you're not 100% you might notice:

- your mind feels stressed a lot of the time, tired for no reason, flat or sad, or maybe nervous
- your body feels heavy, tired or restless
- you're sleeping less or tired all the time
- you feel disconnected from loved ones
- you're finding it hard to switch off from your phone and social media
- you're using alcohol and other drugs more
- changes in your work or study habits.

These might be impacting on your feelings of purpose, identity and connection to country, culture and spirit.

If you've noticed any of these, take some time to check out these tips to help your social and emotional wellbeing.

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# what to do if you are having a tough time

Sometimes we might need a bit of extra support. Below are some suggestions that can help you look after your social and emotional wellbeing and build a stronger you.

## strong body

- Recognise when you might need to look after your body.
- Some days it can feel tough and hard to move your body. On these days take a small step and see where it takes you. Often starting can be the hardest part.
- When we are feeling overwhelmed, eating nutritious foods and drinking enough water might be hard. Try to eat some fresh foods and remember to drink plenty of water. This will help keep your body strong.
- Try to limit your use of alcohol and other drugs. They can be harmful in the longer term.
- Learn more about your strong body [here](#).

## strong culture

- Recognising our cultures are the oldest ongoing cultures in the world has power.
- Explore the places, people and activities that make you feel deadly. Allow yourself to connect with these as much as possible.
- Learn more about your strong culture [here](#).

## strong identity

- When you are feeling a bit lost it can be important to sit somewhere quiet, close your eyes and allow yourself to dream about who you are.
- Learn more about your strong identity [here](#).

## strong mind

- Recognise when you might be going over and over things from the past or getting caught up worrying about the future.
- You can break this cycle by having a yarn with others.
- You might try some relaxation strategies to help keep your mind strong.
- Learn more about your strong mind [here](#).

## strong purpose

- Setting goals is a great way to start building a sense of purpose. Setting, striving for and achieving your goals means you are dreaming of your future each day.
- Learn more about your strong purpose [here](#).

## strong place

- Connecting to your strong place can help you feel stable when things seem unsettled.
- Physically being on or in your strong place is one of the best things you can do to help you feel better.
- Getting back on country, returning to your hometown, even sitting in your room, if that is your safe place, can all be really helpful to your wellbeing.
- If your strong place is far away, think about how you might be able to recreate or reflect on your safe place wherever you are. Get creative and explore different ways to do this.
- Learn more about your strong place [here](#).

## strong relationships

- Be respectful, kind, loving, and honest to others.
- Explore different ways of communicating to help your relationships.
- Learn more about your strong relationships [here](#).

## strong spirit

- Celebrate that you are unique, beautiful and important. This can be hard to do. Start by making a note of the things you are grateful for each day. It doesn't matter how small they might seem.
- Explore the places, people and activities that make you feel deadly. Allow yourself to connect with these as much as possible.
- Write about or draw the things you're grateful for.
- Learn more about your strong spirit [here](#).

Want to learn more?  
Visit [headspace.org.au/takeastep](https://headspace.org.au/takeastep)

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headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

This resource has been developed in partnership with the headspace Aboriginal and Torres Strait Islander Youth Reference Group (Womenjeka Reference Group), Marumali Consultations, the headspace National Aboriginal and Torres Strait Islander Advisory Group and headspace National.

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# Where can I go for extra support?

Sometimes we all need some extra support. It's OK to ask for help. Knowing when and how to ask for this help can be hard.

## what should I look out for?

Some of the things that might mean it's important to reach out for help now are:

- you're not doing the things you enjoy anymore
- you're hiding away a lot more
- you've started to use alcohol and other drugs more
- you're having a hard time controlling anger
- you might be feeling lost or sad.

## what can I do?

Have a look at the Take a Step website for some tips and tricks for a stronger you that might be helpful. You might take a look at the Stronger You wheel activity.

## who can I ask for extra support?

Having a yarn to someone you trust can be helpful. This might include:

- a teacher
- a health worker
- an adult you trust.

You might ask a friend to help you to reach out to these people.

There are a lot of people out there who are trained in helping people go through life's twists and turns and if you know of a solid counsellor or service, you might get in touch with them to help support you.

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## need extra support?

Sometimes we might need extra support. Different parts of our strong self can find support in different ways. Do you need some extra support for:

### your strong body?

- Reach out to a local Aboriginal or Torres Strait Islander health service.
- Contact your local GP.
- Contact headspace to speak with someone.

### your strong culture?

- Reach out to a respected Elder or youth leader in your town.
- You might visit a local cultural centre.
- Explore your culture on the internet.

### your strong identity?

- Reach out to a trusted adult.
- Yarn with an Elder.
- Speak with your teacher, school counsellor, mentor or sports coach.

### your strong mind?

- Contact your school counsellor.
- If your workplace has an employee assistance program (EAP) give them a try.
- Your local health service might have counsellors available.
- For immediate crisis support you can contact Lifeline on 13 11 44. If you don't have access to a phone, you might ask your school counsellor or family and friends to use their phone.
- Contact headspace to speak with someone.

### your strong purpose?

- Set goals.
- Yarn with Elders, mentors, teachers, school counsellors, or your work's employee assistance program (EAP).
- headspace or eheadspace are available to speak to and give good advice.

### your strong place?

- Take a moment to think about where you are and where you've come from.
- Learn from family about where your mob are from and where they have felt connected.
- Contact Link-Up to help discover your mob's places.
- Have a yarn with an Elder, counsellor, and/or spiritual healer.

### your strong relationships?

- Yarn with someone you trust like family or friends.
- You might try having a yarn with a counsellor at your local Aboriginal or Torres Strait Islander health service, school counsellor or chaplain, or employee assistance program (EAP).
- You might want to speak with headspace.

### your strong spirit?

- Yarn with your local Elders.
- Connect with a leader in your faith system.
- Find ways to connect to nature.
- Try visualisation or relaxation techniques.
- You can always contact headspace to help figure out what works best for your strong spirit.

Want to learn more? Visit [headspace.org.au/takeastep](https://headspace.org.au/takeastep)

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# How to help a friend

**At some time, somebody in your life is going to need help. Maybe they will ask or maybe they won't. Keep track of your friends and your family and check in with them whenever you can. You might notice little things that actually mean a lot.**

## what should I look out for?

Some of the things to look out for are people:

- not doing the things you know they enjoy anymore
- hiding away a lot more than is usual for them
- starting to use alcohol and other drugs more often
- not acting the way they normally do
- seeming disconnected or fighting with mob.

Keep an eye on what people are posting online. If this seems different then there is probably something up.

## how can I help?

If someone seems to be experiencing difficulties and you are feeling OK, the best thing you can do is to ask them if they are doing OK and listen while they yarn up to you.

Try not to bombard them with your opinions or advice and don't feel like you have to solve all their problems. It's amazing how healing it can be to simply be listened to.

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## need extra support?

A time might come when someone tells you something that makes you worry—maybe for their safety or others. If this happens it is important that you yarn to:

- a teacher
- a health worker
- a counsellor
- an adult you trust.

Don't feel shame about doing this because you could save them or others from pain and heartache.

There are a lot of people out there who are trained in helping people through life's twists and turns and if you know of a solid counsellor or service, you might help your mate or family member get in touch with them.

There are lots of support groups around that you could reach out to for support. Groups such as men's, women's and social groups.

**call 1800 650 890 or visit [headspace.org.au/takeastep](https://headspace.org.au/takeastep)**

If you, or someone you care about, are in crisis **call triple zero (000)**. You can also go to your local hospital emergency department. Remember to stay with the person until they are able to access professional support.

If you're feeling overwhelmed and need to speak with someone now, contact:

**Lifeline on 13 11 14**

**Suicide Call Back Service on 1300 659 467**  
(if you're aged 15 years or older).

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