

# GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



## MENTAL HEALTH IS LIKE A TREE

To stay strong and healthy it needs looking after. You need to take care of the roots of the tree for it to grow tall and stand strong.



### SPIRITUAL

IDENTITY CULTURE ELDERNS  
LANGUAGE COUNTRY CEREMONY PRIDE  
BELIEFS LANGUAGE TOTEMS  
ABORIGINALITY TRADITION  
SACRED DREAMING LORE

### MENTAL AND EMOTIONAL

HEALTHY HEADSPACE  
POSITIVE THINKING RESILIENCE  
FEELING DEADLY STRONG  
SUPPORT THOUGHTS  
HEALING FEELINGS

### FAMILY

FRIENDS  
AUNTIES AND UNCLES  
KINSHIP PARENTS  
BELONGING SUPPORT  
SAFE PLACE MOB  
CLAN ROLE MODELS

### PHYSICAL

HEALTHY BODY  
EXCERCISE GOOD SLEEP  
SPORT GOOD TUCKER  
HEALTHY LIFESTYLE  
LOOKING DEADLY DANCE  
FISHING HUNTING

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.

## YOU MIGHT NOTICE CHANGES

When you've got a lot going on you can feel sad, weak, tired, stressed and angry. Everybody has these feelings when life is tough, but when these feelings go on for a long time it can weaken our body, mind and spirit. When this happens, there are some changes you might notice, like:

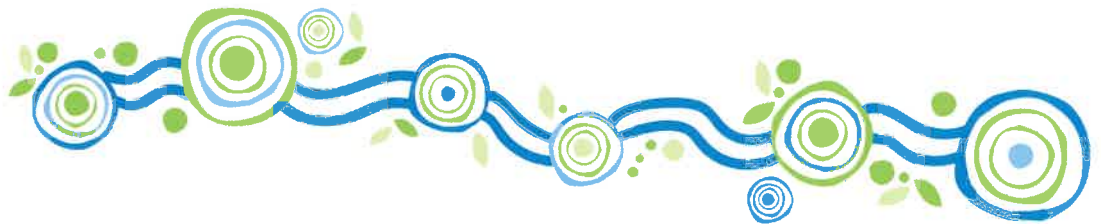
- Feeling sad inside and no interest in doing things
- Feeling like everything is an effort
- Wanting to be alone
- Not eating good tucker
- Not being able to sleep
- Feeling nervous or jumpy
- Feeling guilt or shame
- Being so sad nothing can cheer you up
- Crying and you don't know why
- Having trouble focusing or remembering things
- Having too much alcohol, gunja/yandi and other drugs
- Having bad thoughts or thinking of dying



# YOU CAN KEEP YOURSELF STRONG BY

- Yarn with friends and family about what's going on
- Getting enough sleep
- Eating good, healthy tucker
- Staying connected with family and friends who give you strength and support
- Practicing culture through local totems and stories
- Spend time with local Elders to learn history, go on country, and learn art and crafts
- Reconnecting with country by going camping, hunting, fishing, swimming or surfing
- Taking time out for yourself to do things you enjoy like a hot bath, bush walk or drawing
- Making healthy choices and good changes
- Setting yourself goals
- Staying connected to your physical body by playing sports, music or dancing

Having ways to practice culture, language, and spiritual beliefs can make you feel proud and keep your spirit strong and your mind positive and resilient. Sometimes your community isn't on traditional country but you can still get involved in Aboriginal and Torres Strait Islander culture by sharing stories with local Elders and discovering local history.



## LOOK AFTER YOURSELF

If you have noticed a change in yourself or a friend, it can be helpful to yarn with someone.



## AGED 12-25? HOW HEADSPACE CAN HELP

**headspace** is your space to yarn safe. **headspace** can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

**headspace** has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, [eheadspace.org.au](http://eheadspace.org.au) or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

### FIND OUT MORE AT [WWW.YARNSAFE.ORG.AU](http://WWW.YARNSAFE.ORG.AU)



**headspace** would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

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