

What is Mental Health?



Understanding your feelings

Feelings are your emotions.

They can be good or not so good feelings.

Good feelings are:

- happy
- joy
- excited



No so good feelings are:

- being upset
- down
- sad
- worried
- angry



These feelings are all normal feelings that we can often feel from time to time.

What is mental health?

Mental health is about how you think and how you feel.

Feelings can change how you think and what you do.

When you feel good you can do everyday things.

When you do not feel so good it gets hard to cope.

This might mean you:

- Can not sleep
- Can not think clearly
- Do not feel like eating
- Stop taking showers

This can be a **mental health problem**.

A mental health problem is when feelings start to bother you. It can also be when you do not feel in control of your feelings.



It is best to get help as soon as you can.

People can feel better quickly if they get the right help.

Everyone has not so good feelings like these sometimes.

These feeling usually go away quickly.

But if they last for more than 2 weeks or more, or keep coming back, they can stop you from coping.



A **sign** can be changes in what is normal for you.

This means changes that last for a long time.

These changes make it hard for you to cope.

What can cause mental health problems?

- Too much stress
- Feeling lonely
- Difficult life experiences
- Not knowing how to cope with your feelings
- Family history of mental health problems
- Grief
- Medical reasons

Who gets mental health problems?

Lots of people have a mental health problem some time in their lives. Intellectual disability and mental health problems are not the same.



All people need some support to have good mental health.

It is OK to ask for help:

Choose a person in your life who you trust. Talk to them about how you feel. This person could be a:

- Family member
- Friend
- Doctor
- Worker
- Advocate
- Telephone Helpline



EXAMPLE:

James phoned his doctor.

He told him how he was feeling.

He said James should go to a **mental health clinician**.

Mental health clinician is a person that knows a lot about mental health.

They can help you feel better.

GP Mental Health Treatment Plan

Your doctor can make a plan with you to help you get better. Your doctor may say you need a to see a mental health clinician.

Medicare helps pay for this.



Some names of mental health problems:

A doctor or mental health clinician can ask questions about:

- A persons feelings
- Changes in what is normal for them.

They will try find out the right information about the person.
Then they might put a name to what the person is going through.
This can help to get the right mental health care.

Some of these names are:

Anxiety

Schizophrenia

Depression

Bipolar Disorder

Psychosis

Remember

I can take charge of my health when:

- I know what mental health is.
- I take notice of changes in my feelings and actions.
- I reach out for support to get better.
- I try new things to help me get well again.
- I know what might cause me to be unwell.
- I know that all kinds of people can become unwell.

If you need to talk to someone you can call:

- eheadspace - 1800 650 890
- Lifeline - 13 11 14
- Beyond Blue - 1300 22 4636

Please note:

This info guide is not the same as advice from your doctor.

This info guide does not know about:

- Your needs
- Your mental health problems
- Or what is right for you.

You should always talk to your doctor about your health.