

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

TRITES CULTURE **ELDERS**
IDENTITY COUNTRY LANGUAGE
CEREMONY PRIDE
BELIEFS LORE **TOTEMS**
 ABORIGINALITY TRADITION
SACRED DREAMING
 LANGUAGE CEREMONY

MENTAL AND EMOTIONAL

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

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 we've got a lot going on or when things seem uncertain, we 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, in person, online or on FaceTime
- 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 deadly 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.

Make sure you follow any physical distancing advice if you are connecting with others or doing some of these activities.



look after yourself

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



How headspace can help

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, or you can contact our online and telephone support

service, 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.headspace.org.au/sewb



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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