

ANGER

It's normal to feel angry at times and sometimes it can motivate you to do better, stand up for yourself or protect you. When anger is intense or frequent, it may become a problem.

What are some warning signs of anger?

Mentally

you can't think straight, your thoughts get cloudy, you feel a loss of control

Emotionally

you feel rejected, humiliated, jealous or afraid

Physically

your heart beats faster, your adrenaline picks up, you start to feel tense



* Mental Health Foundation, UK
<http://www.angermanage.co.uk/pdfs/boilingpoint.pdf>

If anger is a problem, you may also find yourself:

Making bad decisions

Misusing drugs and/or alcohol

Having regular arguments

Feeling depressed and/or anxious

Acting out in a violent way

This in turn can affect your family life, friendships and study.

There are three styles of responding to anger:

Assertive

expressing anger in an assertive, non-aggressive manner while standing up for yourself and communicating clearly.




Passive

blocking out or pretending anger isn't there because it makes you feel uncomfortable or threatened. This can then lead to other problems and the underlying issue is not addressed.

Aggressive

acting out aggressively or violently toward other people and as a result damage relationships and create problems with work/study or alcohol/drug use.

When you are angry, you have choices:

-  Listen and work out what it means
-  Motivate yourself to find a solution
-  Talk to someone about how you feel

It's important to get help before your anger gets out of control.

If you are getting angry more often or if other people are worried about your anger issues, contact **headspace**.

BODY IMAGE

Your **body image** is the way you **think** and **feel** about your body.
It can be **positive** or **negative**.

Most young women and girls are worried about their body — in fact it's their number one concern.

Of Australian high school girls:

76%

wish they were thinner

50%

have tried to lose weight

16%

are happy with their body weight

Poor **body image** can be associated with depression, anxiety, alcohol and other drug abuse and eating disorders.

Some warning signs that you or someone you know might have body image issues:



Distorted eating habits



Obsession with weight and exercise



Being continually self-critical



Constantly comparing body size

Guys have body image issues too. One third of males want to be thinner and one third want to be bulkier.

More than **1 in 5** young men say body image is their number one concern



Tips for better body image:

- Focus on yourself as a person, not just how you look
- Aim to get healthier rather than lose weight
- Focus on the things you like about your body
- Stop being critical about others' appearance
- Remember, real bodies aren't perfect, and perfect bodies are almost always airbrushed.



headspace .org.au/bodyimage

National Youth Mental Health Foundation

BULLYING

Bullying is intentional and repeated negative behaviour by a person or group. It can lead to:



Depression and/or anxiety



Poor performance at school and work



Poorer social skills



Low self esteem



Suicidal thoughts



We can all help stamp out bullying.

If you see someone being bullied, don't be a bystander. You can:



Report it



Talk to trusted people



Change the subject



Be supportive



Comfort and include the person being bullied



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National Youth Mental Health Foundation

DEPRESSION

Depression is one of the most common mental health problems facing young Australians.

By the age of 18



1 in 5

people will have experienced depression

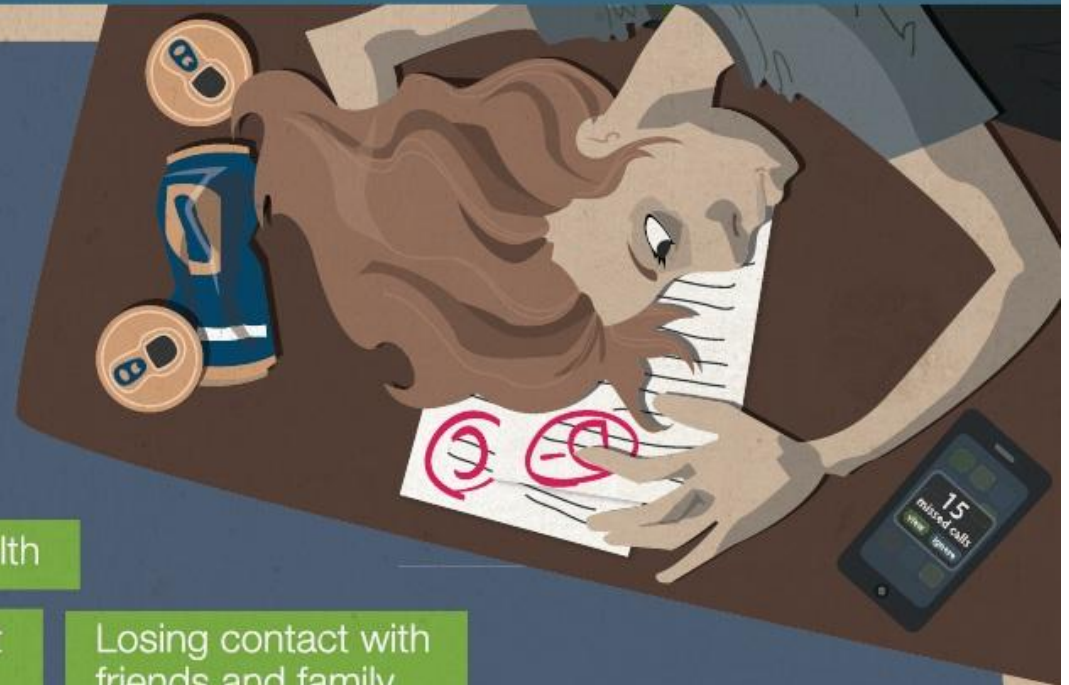
If not treated, depression can lead to:

Alcohol and /or drug misuse

Poor physical health

Underachieving at school or work

Losing contact with friends and family



Warning signs someone you know could be suffering from depression:



Moodiness and irritability



Loss of interest in life



Withdrawing from friends & family



Changes in appetite



Irregular sleeping patterns



Lack of energy and motivation



Difficulty concentrating



headspace.org.au/depression

National Youth Mental Health Foundation

References – all at <http://www.headspace.org.au/what-works/research-information/depression#5A>

For more information go to headspace.org.au/depression

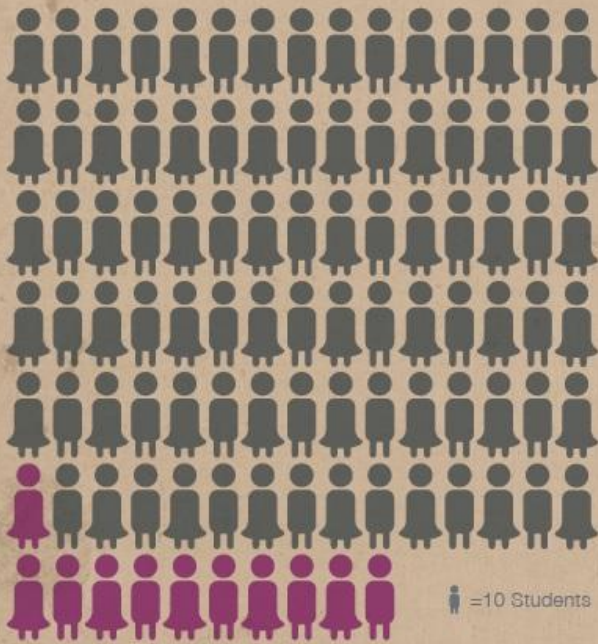
HOMOPHOBIA



Up to 11% of young people are **same sex attracted** or **unsure** about it.

That means at a school of

1000 students,



110 will be experiencing feelings of same sex attraction.

Being same sex attracted doesn't cause problems. It's the **abuse** and **rejection** of same sex attracted people **that's the problem.**



Someone who has been the target of homophobia is up to

6x

more likely to **complete suicide** than their straight friends.

80% say school is the most common place where they experience abuse

61% say they have experienced verbal abuse

18% say they have experienced physical abuse



What makes things better for a same sex attracted young person?

- Support from friends
- Acceptance by family
- Being part of something (like a community/social group or sports team)



headspace .org.au/homophobia

National Youth Mental Health Foundation

MENTAL HEALTH AND YOU



Mental ill health is the single biggest health issue facing young Australians

Mental health is about being able to **work** and **study** to your full potential, **cope** with day-to-day stress, **feel connected** to others, and **live your life** in a free and satisfying way



75%

of mental health problems emerge before the age of 25



WARNING SIGNS

of a mental health problem include:



Loss of interest or feeling 'low'



Doing ordinary things gets harder



Taking more dangerous risks



Withdrawal or feeling overwhelmed



Using alcohol or drugs to escape



Changes in sleeping and eating



1 in 4 young people experience depression, anxiety or substance use disorders in a given year.

Tips to maintain good mental health



Exercise regularly, eat well and have adequate sleep



Explore relaxation and coping strategies



Catch up with friends and loved ones



Make time to do things you enjoy

Get help early, before a smaller problem becomes a bigger problem.

If you are concerned about your own or a friend's mental health, contact **headspace**






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SELF-ESTEEM

If you often have negative thoughts about yourself, you may be experiencing low self-esteem.

Low self-esteem can lead to unhelpful behaviours such as:

-  Engaging in risky behaviours (e.g. excessive dieting, substance abuse)
-  Withdrawing from friends, family and social situations
-  Avoiding taking on new challenges or risks due to fear of failure or rejection

Tips to build your self-esteem:

-  Re-engage with simple activities that used to make you feel good e.g. help a friend, cook a meal
-  Be aware when your negative thoughts get in the way of more important things
-  Try not to avoid situations that make you nervous
-  Try to practice more balanced ways of thinking about yourself e.g. instead of thinking "I'm a failure" remind yourself "Everyone makes mistakes I did well and will learn from this for next time"

Self-esteem is about how we see ourselves and judge our overall sense of self-worth.



Positive self-esteem is about valuing yourself and seeing yourself as being "good enough".

When we experience positive self-esteem we can:

-  Feel confident in taking chances
-  Feel comfortable asking for help
-  Stand up for ourselves
-  Share and create positive relationships
-  Accept both compliments and negative feedback

Low self-esteem is associated with developing anxiety, depression, eating disorders and substance abuse.

If you or someone you know is experiencing problems with self-esteem, contact [headspace](https://headspace.org.au).

SORTING FACT FROM FICTION ON SELF-HARM

Self-harm is when someone deliberately injures themselves. The most common type of self-harm among young people is cutting.

Most self-harm is related to intense emotional pain, distress, or overwhelming negative feelings, thoughts or memories.

Some things you can do to help someone who is self-harming include:

- Remain calm and try to be in control of your emotions
- Ask them if they are okay
- Support them to get help early
- Recognise that self-harm might be their coping tool and don't expect them to stop today
- Don't agree to keep secrets — if their safety is at risk, you may need to tell someone

MYTH

"Self-harm is an attempt at suicide"

FACT

Most self-harm is a way of trying to cope, but those who self-harm are at higher risk of trying to end their life.

MYTH

"It's a fashion, trend or an 'emo' thing"

FACT

Self-harm is not a new behaviour associated with a certain subculture or 'trend'.



MYTH

"It's just attention seeking"

FACT

Most young people actually go to great lengths to hide their self-harm from others, rather than to seek attention.

MYTH

"If someone self-harms, they must have a mental illness or a personality disorder"

FACT

Self-harm is a 'red flag' that suggests there may be underlying mental health problems that need to be addressed (e.g. depression, anxiety).



About 12% of young people in Australia report having self-harmed at some point in their life.



For some young people self-harm is a 'once off' event, but not for others. Over 50% of self-harm is repetitive.

5x

Young people with depression or anxiety symptoms are 5 times more likely to self-harm

Self-help strategies can be helpful and include:



Talk with a trusted adult



Distract yourself e.g. exercise or hit a punching bag



Try to do things that make you feel good e.g. write a diary or journal

Getting professional support for the underlying distress might be helpful.

If you're not ready to talk to someone you know about self-harm, contact [headspace](https://headspace.org.au).

Sex! What about it?

Sexual health encompasses physical, mental and social wellbeing, and how it relates to sexuality.

Positive sexual health includes:

- Feeling good about your sexuality
- Making informed decisions on sexual activity, free from coercion, discrimination and violence
- Avoiding Sexually Transmitted Infections (STIs) and unplanned pregnancies.



Thinking of having sex?

Whatever sexual activity you're considering, make sure you both:

- Give willing and informed consent
- Talk about your expectations. You should be able to express your wants, needs and limits
- Practice safe sex
- Carry protection - this doesn't mean you expect sex.



Almost 1/3 of young people surveyed reported that they had experienced unwanted sex.

The two most common reasons were being too drunk or being pressured by their partner¹.



Practicing safe sex

Safe sex reduces the risk of STIs and unplanned pregnancies.

The most common and effective way of preventing STIs and unplanned pregnancies are condoms.

Contraceptives like the pill or implanon do not prevent STIs.

Around **500,000** young Australians estimated to have Chlamydia². **83,000** cases of Chlamydia were diagnosed in 2012².



Testing

Having a sexual health test is simple and confidential. There is no single test for all STIs. Common procedures include testing your urine or blood, having a swab or a simple physical exam.

You can get help and support for sexual health, mental health and wellbeing at [headspace](https://headspace.org.au).

headspace.org.au



This infographic was developed in partnership with Youth Empowerment Against HIV/AIDS (YEAH).

To find out more about STIs and sexual health, check out

RedAware.org.au

¹ Mitchell A, Smith A, Carman M, Schlichthorst M, Walsh J, Pitts M. Sexuality Education in Australia in 2011. Melbourne: Australian Research Centre in Sex, Health & Society (ARCSHS); 2011.

² The Kirby Institute. National Blood-borne Virus and Sexually Transmissible Infections Surveillance and Monitoring Report, 2013. Sydney: The Kirby Institute, the University of New South Wales; 2013.