

NEED SUPPORT FOR YOUR MENTAL HEALTH?

One in five Australians experience mental health challenges every year. If you are feeling down or not yourself the most important thing to do is reach out for help.



SEE A DOCTOR

You can ask for a mental health care plan and get a referral to a counsellor.

USE PHONE AND ONLINE SERVICES

Lifeline • 13 11 14 • lifeline.org.au

Beyond Blue • 1300 22 4636 • beyondblue.org.au

NT Mental Health Line • 1800 68 22 88



USE LOCAL SUPPORT SERVICES

A list of services can be found at
ntcoss.org.au/directory

REACH OUT TO FRIENDS AND FAMILY

Reach out to those around you who can listen and provide emotional support.



In an emergency or high-risk situation
CALL 000



MHACA

Mental Health
Association of
Central Australia

PH: (08) 8950 4600

W: mhaca.org.au



DO YOU KNOW SOMEONE WHO NEEDS MENTAL HEALTH SUPPORT?



HAVE A CONVERSATION

Tell the person you have noticed they haven't been themselves lately and ask how they are. Listen non judgementally.

ENCOURAGE THEM TO SEE A DOCTOR

They can make an assessment and provide a mental health care plan if needed.



PROVIDE INFORMATION

Include phone and online support services like Lifeline • **13 11 14** • lifeline.org.au or Beyond Blue • **1300 22 4636** beyondblue.org.au. Advise on local support services.

WHAT IF THEY REFUSE SUPPORT?

If the person refuses help, keep in contact and check in regularly. Remind them that many people suffer mental health issues and supports are available. If you are worried about their wellbeing you can contact the police and ask for a welfare check, or contact the **NT Mental Health Line 1800 682 288** for advice from the Crisis Assessment and Support Team.



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