



Mental health - checklist

- Sometimes you notice changes in your life.
- Changes might mean your mental health is not so good.

Here are some stories about changes.

Sleep



Emma always slept well. She liked to get up in the morning.
Now Emma finds it hard to sleep. She doesn't get up till lunch time.

Looking



Terry likes to look good. He always looks clean and tidy.
Lately Terry has been wearing dirty clothes.
Sometimes he smells bad. He has not been having showers.

Thinking



Ruby always catches the bus to work.
Lately she has caught the wrong buses.
She says her brain is too busy to think straight.
She feels her head is muddled up.

Talking



Clancy used to like ringing his friends for a chat.
These days he doesn't. They say he talks too fast and too loud.
Sometimes he says weird things.



Doing



Tommy likes to go for walks to the shops.

This month he is worried people are following him.

He hides behind things when he walks down the street.

Sometimes he talks to people – but there is no one there.

Feelings



Bert liked meeting people and chatting.

Now Bert feels too sad to go outside.

He does not want to talk to anyone.

Body



Emily usually feels pretty good. She does not get sick much.

For the last 2 weeks Emily has pains in her tummy.

She has been getting lots of headaches too.

Take notice of changes in your life.

You can do something about it. It's ok to reach out for help.

Who are the people you can talk to about your Mental Health?



- Name: _____ ☎ Phone number: _____
- Name: _____ ☎ Phone number: _____
- My Doctor: _____ ☎ Phone number: _____

Helplines – You can ring these anytime.



- **Lifeline** ☎ Phone number: **13 11 14**
- **Beyond Blue** ☎ Phone number: **1300 22 4636**