

MENTAL HEALTH ACTION PLAN

LIFELINE 13 11 14
BEYOND BLUE 1300 22 4626

WHAT TO LOOK OUT FOR - MILD TO MODERATE SYMPTOMS

- Low mood
- Feeling worried or fearful
- Finding it difficult to sleep
- Loneliness
- Helplessness
- Anger outbursts
- Loss of motivation
- Loss of self control
- Feeling stressed and overwhelmed
- Anxiety with palpitations

HOW WE CAN HELP

Download our Health and Wellness Support Guide from the website www.mullumhealthcentre.com
Call us on 02 6684 1511 to book an appointment with your General Practitioner (GP) and request a mental health plan for Medicare rebatable/ bulk billed support with mental health practitioners. This plan will allow you 6-10 sessions with medicare rebate.

We will get a nurse or doctor to chat to you over the phone if needed.

We have Psychologists and Mental Health Practitioners who can help you cope. This includes offering support over the phone.

WHAT TO LOOK OUT FOR - HIGH TO SEVERE SYMPTOMS

- Suicidal feelings
- Chronic Insomnia
- Not coping with life
- Not getting out of bed
- Severe anxiety
- Struggling to function at home or work
- Nervous breakdown
- Panic attacks
- Severe depression

WHAT YOU CAN DO

Call Lifeline Australia for immediate support 13 11 14. Counsellors available 24 hours/ 7 days a week.

Call us on 02 6684 1511 and we will get a nurse or doctor to chat to you over the phone.

Visit Black Dog Institute www.blackdoginstitute.org.au for information and resources to help you cope.

Call Beyond Blue on 1300 22 4636 and chat to a trained mental health professional.

If you or someone close to you is in distress or immediate danger dial 000 as soon as possible.