



## Signs to look out for

Most Queenslanders, most of the time experience good mental health and wellbeing. However, from time to time we can all experience lower levels of wellbeing.

Having a difficult time feels different for all of us, but there are some common signs to look out for that may indicate it's a good idea to talk them through with someone you trust, a GP, or support service.

- Withdrawing from others and usual activities
- Feeling overwhelmed and finding it hard to cope with everyday things and tasks
- Using alcohol or drugs to cope with feelings
- Feeling tearful, wanting to cry all the time
- Feeling irritable, restless or agitated
- Lacking energy or feeling tired all the time
- Feeling angry or short tempered
- Experiencing 'brain fog', finding it hard to think clearly, loss of concentration
- Changes to your sleeping or eating patterns
- Feeling that no one seems to understand you
- Feeling lonely
- Having suicidal thoughts.



## Support services

If you or someone you know needs support, there are a number of services available. Visit the 'Find help' section of our website for a comprehensive list of services and wellbeing resources.

**Lifeline** - 13 11 14 | [lifeline.org.au](http://lifeline.org.au)

**Suicide Call Back Service** - 1300 659 467 | [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**Kids Help Line** - 1800 55 1800 | [kidshelpline.com.au](http://kidshelpline.com.au)

**ADIS** (alcohol and drug support) - 1800 177 833

If your situation is life-threatening, call **Triple 000** immediately for help.

Did you know **1 in 5** Australians experience mental illness each year, and almost half of all people will experience issues with mental health in their lifetime?



## Beyond Blue Support Service and Forums



Beyond Blue Support Service and Forums are there to listen whenever you need brief counselling or to talk to someone who understands what you're going through.

You might:

- be having a really bad day
- feel overwhelmed and not know where to start
- have diagnosed anxiety or depression
- need help to support a partner, family member or friend.

They can also help you find the right mental health services for you if you need extra support.

Call a counsellor on 1300 22 4636. Available 24/7 for free, confidential counselling (local call costs apply)

Website and online chat: [beyondblue.org.au](http://beyondblue.org.au)

Forums: [forums.beyondblue.org.au](http://forums.beyondblue.org.au)



## SANE forums



Connect with people who understand what you are going through.

Talk to a community of people with shared experiences on SANE's online forums.

- Free and available 24/7
- For people with complex mental health issues
- Always moderated by mental health professionals
- All conversations are anonymous

Visit [qldmentalhealthweek.saneforums.org](http://qldmentalhealthweek.saneforums.org)



# 8-16 October 2022



Awareness



Belonging



Connection





## About QMHW

Queensland Mental Health Week (QMHW) is an annual awareness initiative that promotes individual and community mental health and wellbeing, boosts awareness of mental illness, and celebrates the contribution of the mental health and community sectors.

QMHW takes place in the week of World Mental Health Day on 10 October. In 2022, the week will be celebrated from **Saturday 8 October to Sunday 16 October**.

Each year, people across Queensland come together during QMHW through hundreds of local events, conversations and activities. To find an event near you, visit [www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au).



## Contact us

[info@qldmentalhealthweek.org.au](mailto:info@qldmentalhealthweek.org.au)  
07 3105 8300

#QMHW   



Funded by

Queensland  
Mental Health  
Commission



Coordinated by

CHECKUP

Funded by the Queensland Mental Health Commission, QMHW is coordinated by CheckUP and delivered by a strong cross-sector collaboration.



**Good mental health and wellbeing  
is the foundation for thriving individuals,  
families and communities.**



## Theme and visual identity

The theme '**Awareness, Belonging, Connection**', reflects the important factors that help people maintain positive mental health and wellbeing. It is all about connecting with the people in our lives and creating space for conversations about mental health and wellbeing.

**Awareness** is about understanding the things we need to maintain and boost our mental wellbeing, and knowing when we need to reach out for help and where to get it. You can create a healthier relationship with your mind by doing activities to get healthy, connect more, keep learning, show kindness, take notice, and embrace nature.

For activity ideas and inspiration visit [qld.gov.au/mentalwellbeing](http://qld.gov.au/mentalwellbeing).

**Belonging** is about looking out for each other, ensuring we feel safe and supported, and understanding that however we feel, we're not alone, and that there are others going through the same thing.

**Connection** is about our relationships with our friends, families, and those we care about, as well as the groups, clubs, and networks around us that we rely on to help keep us happy and healthy, wherever we live, work, or play.

Informing the visual identity for QMHW in 2022 is the artwork '*Stronger connection creates strong health*' by proud Mayi woman Leah Cummins.

The painting is Leah's interpretation of this year's theme and tells a story of connecting to a healthier life, "back to the ways of our ancestors", and the important role country and community play in people's social and emotional wellbeing.



## Get involved

There are countless ways to get involved in QMHW, including hosting or attending an event, proudly wearing QMHW merchandise, and starting conversations on mental health.

There are a range of resources on the QMHW website to help you get involved and spread the word.



Engage in and promote activities that enhance mental, physical, social and spiritual wellbeing



Reduce stigma associated with mental illness by raising awareness



Provide information about mental health or wellbeing services



Celebrate individuals who make your community unique



Connect and check-in with friends, family or workmates



Encourage help-seeking and self-care



Raise awareness on social media using the hashtag #QMHW

**There is no health without mental health,  
so let's raise awareness!**