

Meaningful Connections Matter

Facts About Mental Health

- 1 in 5 Australians experience mental health concerns in any given year.
- Around 45% of Australians will experience a mental health concern at some point in their life.
- Strong, supportive connections reduce the risk of anxiety, depression, and isolation.
- Talking openly about mental health helps reduce stigma and encourages people to seek help.
- Mental health is just as important as physical health — looking after both builds resilience and wellbeing.

Everyday Guidelines for Better Mental Health

- ✓ Stay Connected — reach out regularly to friends, family, or a community.
- ✓ Move Your Body — exercise helps reduce stress and boost mood.
- ✓ Rest Well — good sleep is vital for mental clarity and emotional balance.
- ✓ Talk It Out — share how you feel with someone you trust.
- ✓ Seek Support Early — professional help can make all the difference.
- ✓ Practice Self-Compassion — find ways to be kind to yourself.

Where to Get Immediate Help

If you or someone you know is struggling, support is available 24/7

- Lifeline — 13 11 14
- Beyond Blue — 1300 22 46 36
- Suicide Call Back Service — 1300 659 467
- 13YARN (First Nations support) — 13 92 76