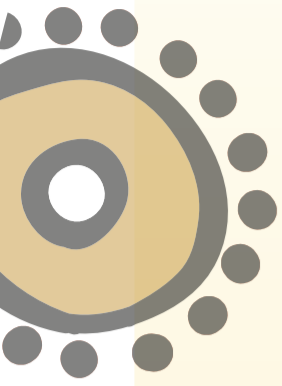
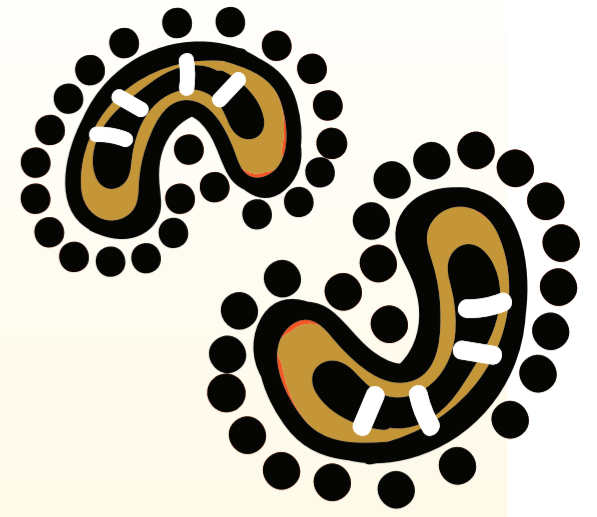


# HOW ARE YOU COPING?

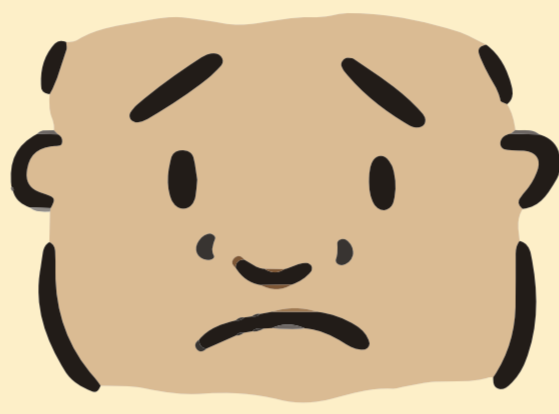


## The three big feelings to look out for:



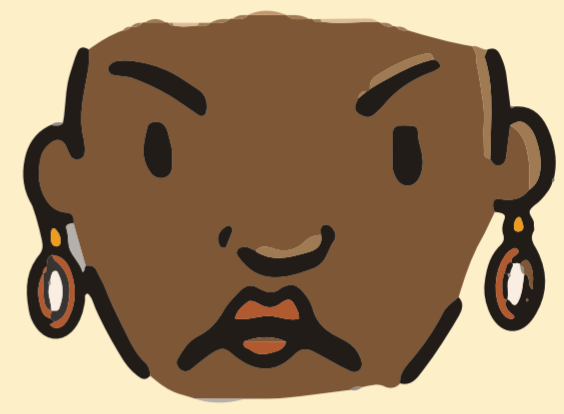
### WORRIED

Can't get out of bed  
Worried  
Not sleeping or feeling tired  
Drinking too much



### EMPTY & SAD

Comfort eating  
Wanting to be on your own  
Feeling down or hopeless



### IRRITABLE

Grumpy or arguing  
Smoking more than usual  
Feeling angry

## The three big things to do:



### THINK ABOUT IT

Check yourself,  
'How am I doing?'



### LISTEN TO YOUR FRIENDS

If they say they have noticed changes in you



### LOOK OUT FOR OTHERS

Ask them, 'R U OK?'

## IF YOU NEED TO TALK TO SOMEONE

### NACCHO

Online list of Indigenous health services and contact details

Google 'NACCHO'

### YARNING SAFENSTRONG

24/7 free and confidential Victorian Aboriginal-operated counselling support

1800 959 563

### BEYOND BLUE

Free confidential chat with a mental health professional

1300 224 636

### LIFELINE

Free, confidential 24-hour crisis support telephone service

13 11 14

### KIDS HELPLINE

Free, confidential support line for young people aged 5 to 25

1800 55 1800

### E-HEADSPACE

Free, confidential online support for young people

Google 'e-headspace'

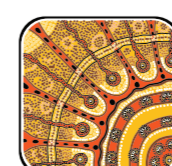
### 1800 RESPECT

Free, confidential 24/7 support for assault family violence and abuse

1800 737 732

If you need to talk to someone call 13YARN

[gayaadhuwi.org.au](http://gayaadhuwi.org.au)



Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention