

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?

Signs to look out for

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.

- 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.

Finding help

If you're feeling overwhelmed, stressed, or struggling with mental ill-health, know you are not alone. Whether you are looking for mental health support for yourself, or someone you care about, there are services available to help.

Not sure where to start?

Head to Health can connect you to mental health support. Visit www.headtohealth.gov.au or call **1800 595 212** for information, support, and guidance about what services are available and which are right for you.

Booking an appointment with your GP or another appropriate health professional can also be a good first step.

Online support

You can talk to a community of people with shared experiences through the following online forums.

- **SANE Forums** – saneforums.org
- **Beyond Blue Forums** – forums.beyondblue.org.au

24/7 support

If your situation is life-threatening, call Triple 000 immediately for help. The following services are also available 24/7.

- **Lifeline** – 13 11 14 | lifeline.org.au
- **13YARN** – 13 92 76 | 13yarn.org.au
- **1300 MH CALL** - 1300 642 255

Visit the **Find help** section of the Queensland Mental Health Week website for more services and resources.

Artwork: 'Stronger connection creates strong health'
by Leah Cummins, Bunya Designs



5-13 October 2024

Connect for mental health



SELF



COMMUNITY



OTHERS



NATURE



About QMHW

Queensland Mental Health Week (QMHW) is an annual awareness week that aims to shine a spotlight on individual and community mental health and wellbeing. The week gives us the opportunity to focus on the importance of mental health and wellbeing in our lives and encourages help-seeking behaviours when needed.



In 2024, the week will be held from **Saturday 5 October to Sunday 13 October**. The initiative is linked to World Mental Health Day, which is held on 10 October.

People across Queensland come together during QMHW through hundreds of local events, conversations, and activities. To find an event near you, visit qldmentalhealthweek.org.au.

Contact us

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#QMHW #Connect4MentalHealth  

Funded by



Queensland
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Coordinated by



CHECKUP

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



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The theme for Queensland Mental Health Week 2024 is “**Connect for mental health**”, focusing on the ways we can all nurture and support positive mental health and wellbeing for ourselves and our community.

Connect for mental health focuses on four areas.



SELF

Connect with self

Take care of yourself physically and emotionally by taking simple steps to maintain and boost mental wellbeing.

It could be as simple as reading, engaging in a hobby, or enjoying a cuppa in a special sunny spot. Look after yourself by staying active, making healthy choices, and seeking help when needed.



COMMUNITY

Connect with community

Community involvement creates a sense of belonging and adds purpose to everyday life. By connecting with groups, places, and culture we can help reduce feelings

of isolation and loneliness. Show kindness and reach out to those in our communities who are facing barriers or may find it hard to initiate connection.



OTHERS

Connect with others

Take time to connect with people you care about and those who care about you! Fostering relationships with loved ones, friends, family, and mob is an important part of maintaining mental wellbeing. The connections we form through relationships can build a safety net for our mental health.



NATURE

Connect with nature

Spending time in nature has been shown to lift mood and reduce stress. Taking breaks from technology to appreciate and care for the environment helps improve our wellbeing and our world. For Aboriginal and Torres Strait Islander peoples, connection to Country holds special significance, emphasising the importance of honouring the land.

More ideas for connection are available on our website: qldmentalhealthweek.org.au/theme