

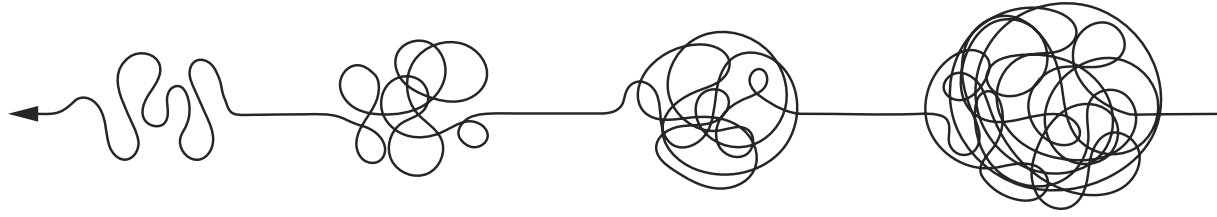
Mental Health Awareness



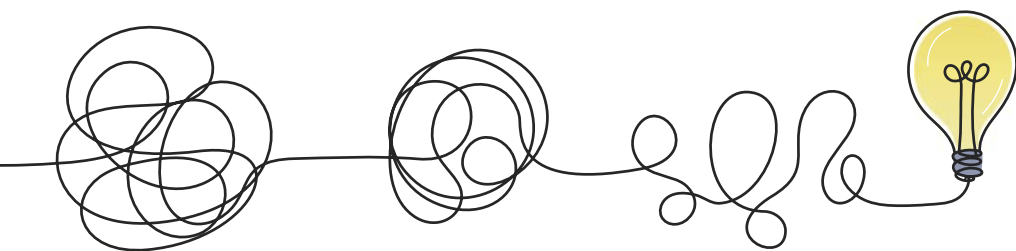
Your first aid booklet for
good mental health

By

SIEMAG TECBERG



This Mental Health Awareness Booklet has been developed by the SIEMAG TECBERG GROUP as a practical guide for workers in the mining industry and those who support them. This booklet provides an understanding of common mental health issues and offers practical tips and resources for promoting good mental health and wellbeing.



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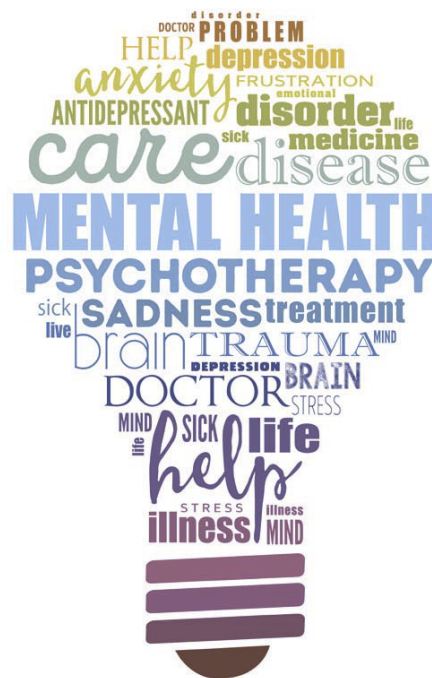
Mental Health

According to the World Health Organisation (WHO), mental health is a “state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community.”

We all have times when we struggle with our mental health, but mental health problems develop when these difficult experiences or feelings go on for a long time and affect our ability to work and carry out daily tasks. Mental illness is a health condition that affects your thoughts, feelings, and behaviour. It affects your ability to cope on a day-to-day basis, function well at work and home, and maintain healthy relationships. Mental illness interferes with your ability to enjoy life.

Each year, about 1 in every 5 Australians will experience a mental illness. It is estimated that 44% of the population will experience a mental health condition in their lifetime. Although mental illness affects many people, only around half of those experiencing a mental health condition seek help.

It’s important to understand that mental illness can impact anyone, regardless of their age or background. However, with the right support, most people can and do fully recover.



Stress

Stress is a common part of everyday life, experienced by everyone. It is a natural response to the demands and pressures we face. While some stress can motivate and help us perform better, excessive or prolonged stress can negatively impact our physical and mental wellbeing.

When we face a stressful situation, our bodies react by activating the 'fight-or-flight' response, releasing hormones like adrenaline and cortisol. These hormones elevate our breathing, heart rate, blood pressure, and energy levels, preparing us to respond to the perceived threat. When the threat is over, the 'flight and fight' response is de-activated.

Stress becomes harmful when the stress experience is too great or is prolonged over time.

Everyone responds to stress differently. What may be stressful for one person may not be for another. Generally, people can handle the ups and downs of daily life, adapt to situational demands, and maintain a good level of wellbeing. However, there are times when stressors can become too much to handle, leading to distress. Excessive stress can trigger the 'fight-or-flight' response repeatedly over an extended period. When stress persists, it can lead to health issues such as digestive problems, headaches, weakened immunity, sleep disturbances, and mood changes.

We all experience stress in our work or personal lives which makes us a good judge of how it affects us. It is important to recognise and respond to signs of stress. If ignored, these signs of stress can intensify over time and impact your quality of life, mental health and wellbeing.

How do you know when you are stressed? What do you do, feel and think?

I do:

I feel:

I think:

Identify Your Stressors

The key to managing your stress begins with identifying the sources of your stress. Understanding the factors that influence stress can help you identify potential sources and take action to manage and reduce stress levels.

Factors influencing our levels of stress include:

- Work - job demands, long working hours, excessive workload, lack of control, job insecurity, bullying, conflicts with colleagues or superiors.
- Personal - difficulties in personal relationships, such as conflicts with family members or friends.
- Financial - instability, debt, or worries about money.
- Life events - death of a loved one, divorce, relocation, or serious illness.
- Health – mental and physical issues, chronic health conditions, or disabilities.
- Environmental - noise, pollution, overcrowding, or poor living conditions.
- Lifestyle - unhealthy lifestyle habits, such as poor diet, lack of exercise, excessive alcohol or drug use, and inadequate sleep.
- Personal mindset -individual perceptions, attitudes, vulnerabilities, poor coping skills.
- Social – isolation, lack of a strong support network, including friends, family, and community.
- Trauma - previous exposure to trauma, such as abuse, violence, or natural disasters.

It's important to note that different individuals may respond differently to these factors, and what may be stressful for one person may not be for another. Additionally, some stressors may be temporary, while others may be ongoing.

What factors are currently contributing to your stress?

Some sources of stress will be easier to address than others. There are things you can do and resources available to help you learn ways to manage stress. You may like to talk to someone like a friend or health professional to help you navigate the changes you need to make to address your stress. Explore the information available in this Booklet for some guidance.

Anxiety

Everyone experiences anxiety from time to time. It is a normal response to a stressful situation. In these situations, anxious feelings usually go away once the stressful event has passed.

Anxiety becomes a problem when these occasional feelings worsen, don't go away, and interfere with our ability to do the things we want to do in our day-to-day life. Anxiety can be difficult to detect, as it can develop over time and symptoms can be mistaken for other emotions such as feeling stressed, exhausted, worried, overwhelmed, tired or irritable.

Anxiety is the most common mental health condition in Australia.

Almost a third of people in Australia will experience an anxiety condition at some stage in their life.

When we experience anxiety, our thinking, feelings, behaviours and physical wellbeing can be affected.

It's important to pay attention to persistent feelings of unease, excessive worry, restlessness, difficulty concentrating, irritability, and physical symptoms such as rapid heartbeat, sweating, and trouble sleeping. If symptoms persist, it might be a sign that you have an anxiety problem.

Anxiety is treatable and there are various approaches to managing and treating anxiety, including therapy, medication, lifestyle changes, and support from family and friends.

Some common signs and symptoms

- avoiding situations that make you feel anxious.
- feeling very worried most of the time about things that might happen or things that have happened in the past.
- unable to control your anxious thoughts or worries.
- feelings of impending doom that something very bad is going to happen.
- breathlessness, racing heart and racing mind.
- difficulty concentrating, confusion or mind going blank.
- feeling restless, tense and on edge.
- muscle aches and pains.
- sleeping problems, can't get to sleep or wake often.

If you or someone you know is experiencing symptoms of anxiety that interfere with daily life, it is a good idea to seek professional help from a doctor or mental health professional. They can provide an accurate diagnosis and recommend appropriate treatment options.

Depression

We all feel sad or moody at times, and to experience these emotions is quite normal.

Depression is more than just feeling down or having a bad day. Typically, it lasts longer and is felt most days and nearly every day. Depression is a mental health condition characterised by persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in activities.

Depression affects how a person thinks, feels, and behaves, and it can interfere with their day-to-day activities, including their ability to work well and have satisfying relationships with family, friends and community.

Depression is a common mental illness.

Depression is a serious mental illness and affects 1 in 7 people in Australia in their lifetime.

Common signs and symptoms of depression

- Persistent sad mood, emptiness, or feeling down.
- Loss of interest or pleasure in activities once enjoyed.
- Feelings of worthlessness, hopelessness or helplessness.
- Fatigue or lack of energy and motivation.
- Restlessness or irritability.
- Difficulty concentrating, making decisions, or remembering things.
- Sleeping problems, such as insomnia or excessive sleeping.
- Changes in appetite and weight such as weight loss or gain.
- Physical symptoms like headaches, stomach aches, or other body pains.
- Thoughts of suicide and/or death.

Depression is treatable and there are various approaches to managing and treating depression, including therapy, medication, lifestyle changes, and support from family and friends.

If you or someone you know is experiencing symptoms of depression that have been constant for more than 2 weeks, it may be time to seek professional help. They can provide an accurate diagnosis and recommend appropriate treatment options.

Alcohol & Substance Abuse

Substance abuse involves using too much alcohol or other drugs, which cause harmful effects on a person's life and those around them.

Harmful alcohol and drug use can damage your health and your ability to function well at work and home. It can affect your physical and mental health, your job, your family, your friends, and your finances.

Around 1 in 20 Australians have a substance abuse problem. Alcohol is the most widely used drug in Australia, followed by cannabis, tobacco, prescription drugs for non-medical purposes, cocaine, and ecstasy.

Substance use problems are a major cause of mental health problems. People who abuse alcohol or drugs are much more likely to develop a mental illness than those who don't. Many people with substance abuse problems also have mental health problems.

Not all people who use a substance will have a substance use problem.

Common signs that alcohol and substance use may have become a problem are:

- difficulties controlling your use, being preoccupied or continuing to use even when it causes problems.
- using more of the substance to get the same effect or having withdrawal symptoms when you rapidly decrease or stop the substance.
- repeated use despite its effects on your health, work, home, studies, or relationships with others.
- neglecting responsibilities and important social, leisure, or work activities.
- substance use puts your safety at risk, and results in dangerous behaviours such as criminal behaviour, drink driving, or having unprotected sex.
- substance use results in financial and/or legal issues.

ALCOHOL USE

Alcohol affects people differently. It depends on how much you drink, your age, your sex, your health, and other factors. Drinking too much can lead to alcohol-related disease or injury.

HOW MUCH ALCOHOL IS TOO MUCH?

Different drinks contain different amounts of alcohol and this can make it difficult to keep track of how much you are drinking. Following the Australian Alcohol Guidelines can help you stay healthy and reduce the risks of drinking alcohol.

The Guidelines to Reduce Health Risks from Drinking Alcohol recommend that:

- to reduce the risk of harm from alcohol-related disease or injury for healthy men and women, drink no more than 4 standard drinks on any one day, and no more than 10 standard drinks per week. The less you drink, the lower your risk of harm from alcohol.
- anyone under 18 should not drink alcohol to reduce the risk of injury and harm to the developing brain.
- women who are pregnant or breastfeeding should not drink alcohol to prevent harm to their unborn child and baby.

WHAT IS A STANDARD DRINK?

A standard drink is 10 grams of alcohol. The type of alcohol and whether it is mixed with a soft drink, fruit juice, water or ice, makes no difference – the quantity of alcohol remains the same.



If you or someone you know is struggling with alcohol or substance abuse, there is support available and things you can do to help. Your GP is also a good starting point to discuss your concerns. Overcoming addiction can be challenging, but with the right strategies and support, recovery is possible.

Five Ways To Wellbeing

Improving and maintaining our mental wellbeing is a unique journey for each person, and there isn't a one-size-fits-all approach. However, based on international research, there are five simple ways to improve our psychological and emotional health on a daily basis. These activities are known as the Five Ways to Wellbeing. By engaging in these simple actions regularly, we can enhance our resilience, boost our overall wellbeing, and reduce the risk of developing a mental health problem.

Every Actions For A Healthy Mind



Connect

Building and strengthening relationships with others is essential for healthy minds. Feeling connected, valued, and supported by others, both personally and professionally, is crucial for boosting our mental fitness. Meaningful connections can lead to higher levels of happiness, increased resilience, and contribute to a longer and more fulfilling life. Connect with family, friends, neighbours or people you meet at work, school or in the community.

Catch up for a drink or meal. Ask people how they're going and really listen. Chat with a colleague over lunch. Join an interest group. Call family or a friend.



Be Active

Engage in activities that you enjoy on a regular basis. Being physically active, not only improves your physical health but also has a positive impact on your mood and overall mental fitness. Exercise can make you feel good, help clear your mind, boost motivation, and improve sleep. So, find an activity that you enjoy and make it a part of your routine to experience these positive effects on your mental and physical health.

Step outside for a walk or run. Go for a bike ride. Complete a gym class. Play a sport. Try gardening or a dance class. Consider standing or going for a walk during a work meeting. Organise a step challenge at work or with a friend.

Keep Learning

Being curious and open to new experiences has a positive impact on our brains. When we actively learn new skills and broaden our knowledge, we enhance our problem-solving capabilities, boost self-esteem, and increase resilience. Learning involves challenging ourselves to approach things differently than before, which can lead to a sense of achievement and build our confidence. So, embrace curiosity, seek out new experiences, and continuously challenge yourself to learn and grow for the benefit of your mental wellbeing.

Read a new book. Start a course. Explore new places. Listen to a podcast. Take on a new responsibility at work. Learn to play a musical instrument. Take an art class. Learn a new DIY skill. Rediscover an old hobby.

Take Notice

Taking a moment to pause and fully engage with our surroundings and present experiences can positively impact on the way we feel and how we approach life's challenges.

By paying more attention on the present moment, we can experience a greater sense of calm and reduce stress. In our busy lives, it's easy to overlook the small details. However, being mindful and attuned to our thoughts, feelings, and the world around us can significantly boost our overall mental wellbeing.

Notice the changing seasons. Notice the sights, smells and sounds around you. Notice how you feel. Remark on the unusual. Savour the moment. Practice mindfulness or meditation daily. Take a moment to notice and acknowledge the things you're grateful for each day.

Give

Helping others not only benefits those we assist but is also good for us. Engaging in acts of kindness, whether small or large, can provide us with a sense of purpose and belonging, help build friendships and stronger communities. Doing something nice for a friend or a stranger will enhance your happiness, life satisfaction, and overall wellbeing.

Thank someone. Share your appreciation. Give your time. Share your knowledge. Help out on a project. Volunteer in your community.

My Five Ways Action Plan

Create your wellbeing plan. Think about what you're already doing or what you have done in the past that worked well for you. Think about trying something new. Be prepared to try a number of different activities to find the ones that suit you best.

	Connect	Be Active	Keep Learning	Take Notice	Give
What am I doing now in each of the 5 ways?					
What do I want to change or do more of?					
What is one thing I can do to make a start?					

Know Where To Get Help

People and places I can connect with:

LIST THREE PEOPLE YOU COULD ASK FOR HELP

1. Name: _____ Contact Number: _____

2. Name: _____ Contact Number: _____

3. Name: _____ Contact Number: _____

LIST THREE PLACES YOU COULD ASK FOR HELP

1. Name: _____ Contact Number: _____

2. Name: _____ Contact Number: _____

3. Name: _____ Contact Number: _____

Helpful Resources & Contacts

Stress, anxiety and depression

TELEPHONE AND ONLINE

Beyond Blue Support Service

Free telephone, online and email counselling for people going through a difficult time.

www.beyondblue.org.au/get-support

1300 224 636 (24hrs)

MindSpot Clinic

Free clinician-led online courses to help adults learn how to manage symptoms of stress, depression and anxiety.

www.mindspot.org.au

THIS WAY UP

Online, self-guided cognitive behaviour therapy (CBT) programs for a range of mental health conditions and wellbeing issues.

www.thiswayup.org.au

Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.

www.mentalhealthonline.org.au

MoodGYM

Free online (CBT) program to help prevent and manage symptoms of depression and anxiety.

www.moodgym.anu.edu.au

MyCompass

Free online, interactive, self-help CBT service for depression, anxiety and stress.

www.mycompass.org.au

eCouch

Interactive, free self-help programs for depression, anxiety, worry, social anxiety, relationship breakdown, loss and grief.

www.ecouch.com.au

WEBSITES

Head to Health

A website that links Australians to online and phone mental health services, information and resources.

www.headtohealth.gov.au

Mates in Mining

Suicide prevention programs on sites and 24/7 helpline for mining and construction

www.mates.org.au

Black Dog Institute

Get information on anxiety, depression, bipolar disorder, suicide, PTSD, and wellness.

www.blackdoginstitute.org.au

WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people.

www.wellmob.org.au

APPS

HeadGear

An easy-to-use free app guiding users through a 30-day mental fitness challenge. Designed to build resilience and wellbeing and prevent depression and anxiety.

www.blackdoginstitute.org.au/resources-support/digital-tools-apps/headgear

Reachout WorryTime

A free app to help control everyday stress and anxiety by giving you a place to store worries, and alerting you when it's time to think about them.

www.au.reachout.com/tools-and-apps/reachout-worrytime

Mood Mission

A free app designed to help individuals overcome low mood and anxiety by discovering new coping strategies.

www.moodmission.com

OTHER SUPPORT OPTIONS

Lifeline

Lifeline is a 24/7 crisis support and suicide prevention service.

13 11 14

www.lifeline.org.au

Suicide Call Back Service

The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online counselling to people 15 years and over who are suicidal, caring for someone who is suicidal, or bereaved by suicide.

1300 659 467

www.suicidecallbackservice.org.au

MensLine Australia

A national telephone and online support, information and referral service for men with family and relationship concerns.

The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues.

1300 789 978

www.mensline.org.au

SANE Australia

SANE Australia is a national charity helping Australians affected by mental illness lead a better life through support, training, and education via their helpline and website.

1800 18 SANE (7263)

www.sane.org

A local GP

GPs are the best starting point for someone seeking professional help. Your GP can check your mental and physical health, provide information and discuss available treatments, including writing you a Mental Health Treatment Plan so you can get a Medicare rebate for psychological treatment.

Substance use

TELEPHONE AND ONLINE

National Smoking Quitline

A confidential, telephone counselling service to help people stop smoking.

13 7848

www.quit.org.au

Drug Information and Advice Line

Information, tools and ideas to reduce the harm of alcohol and other drugs.

1300 85 85 84

www.adf.org.au

National Alcohol and Other Drug Hotline

Connect to alcohol and drug information services operating in your state/area.

1800 250 015

Counselling Online

Free counselling about your alcohol or drug use, or that of a loved one (24hrs).

www.counsellingonline.org.au

Health Zone 'BDZ digital health'

Psycho-education program to help reduce and gradually withdraw from benzodiazepine use.

www.healthzone.org.au

Online Programs eCLIPSE

Online programs for people with depression, anxiety, trauma and drug or alcohol use problems.

www.eclipse.org.au/ehealth-programs-on-eclipse

Family and Friends Support Programs

For people supporting someone using ice, alcohol and/or other drugs, or people who live in rural or remote regions.

www.ffsp.com.au

WEBSITES

Australian guidelines to reduce health risks from drinking alcohol

www.nhmrc.gov.au/alcohol

Alcohol and Drug Foundation

For alcohol and other drug information, help and support service directory

www.adf.org.au.

Turning Point Information

Self-assessment for addictions for, individuals and their carers.

www.turningpoint.org.au

AOD Knowledge Centre (ATSI)

Information to help Aboriginal and Torres Strait Islander people reduce their use of alcohol and other drugs.

www.aodknowledgecentre.ecu.edu.au

Your Room

Information about alcohol and other drugs.

www.yourroom.health.nsw.gov.au

Touchbase

Information, support and services for LGBTIQ+ Australians on alcohol, other drugs and tobacco use and mental health. Tips to stay safe, cut down or seek extra support.

www.touchbase.org.au

BreakThrough

Free online tools for families supporting someone with alcohol or drug use.

www.breakthroughforfamilies.com

APPS

Hello Sunday Morning: Daybreak App

A free app to help individuals change their relationship with alcohol, with professional and community support.

www.hellosundaymorning.org/daybreak

Apps On Track with The Right Mix

Free app to help individuals keep track of drinking over time.

SWiPE

Brain-training app based on neuroscience that gets to the root of a drinking habit, putting you in control of your alcohol use.

www.swipebraintraining.com.au

Drinks Meter

A free app providing instant, unbiased, and anonymous feedback on your drinking

www.cancercouncil.com.au/wellness/drinks-meter

Breathing Space

A moderated and secure social network for people wanting to improve their wellbeing and resilience while supporting someone with their alcohol or drug use.

www.breathingspace.community

SUPPORT GROUPS

Alcoholic Anonymous

www.aa.org.au

Narcotics Anonymous

www.na.org.au



If you or someone is in crisis and you think immediate action is needed, call emergency services (triple zero - 000), contact your doctor or go to your local hospital emergency department.

EMERGENCY CONTACT INFORMATION - 24 HOURS

If you or someone you know needs help, call:

- Emergency on 000 (or 112 from a mobile phone)
- Lifeline on 13 11 14
- MensLine Australia on 1300 789 978
- Suicide Call Back Service on 1300 659 467



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