

Symptoms of anxiety

- very worried or afraid most of the time
- tense and on edge, restless, trembly
- nervous or scared
- panicky
- irritable, agitated
- feeling like you may vomit, churning tummy
- racing heartbeat, rapid breathing
- sweating, 'pins and needles'
- light headedness, dizziness
- problems concentrating or sleeping
- panic attack

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Depression

- Low mood, sad, miserable, tearful, unhappy
- Hopeless, what's the point
- No enjoyment or interest
- Poor concentration, unmotivated
- Low self confidence, social withdrawal
- 'Life is too hard'
- 'Everything's going to go wrong'
- 'I'm no good, I'm worthless'
- 'It's all my fault'

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When should you get help ?

- Feeling depressed or anxious and you're not getting better
- Affecting life - relationships, functioning

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Self care tips

- *Regular exercise* – 30 minutes a day
- *Healthy diet*
- *Enough sleep* – 9-9.5 hours a night
- *Set some goals*
- *Get into a routine*
- *Connect with others*
- *Do things you enjoy*

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- ***Connect with safe relationships***
- ***Find the anchors in your life and use them*** – people, hobbies, exercise
- ***Get back to nature***
- ***Meditation apps*** -Smiling Mind, Calm, Headspace
- ***Start talking*** – don't face difficulties alone
- ***Ask for and seek help if you are facing difficulties***
- ***See your GP, talk to a psychologist***
- ***Headspace, telephone support, digital mental health too***

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- Lifeline
 - 13 11 14 (24 hour service)
- Kids Helpline
 - 1800 55 1800 (24 hour for 5-25yo)
- Mental Health Line
 - 1800 011 511 (24 hour, NSW)
- Suicide Call Back Service
 - 1300 659 467
- Beyond Blue
 - 1300 22 46 36
- Butterfly Foundation
 - 1800 33 4673 – eating disorders
- Headspace
 - 1800 650 890 – 12-25yo
 - eheadspace.org.au – online counselling

Apps

- Mood Gym – free, 16+, ANU
- My Compass – free, 18+, BDI
- Head Gear – free, 18+, BDI
- Bite Back – free, 13-16yo, BDI



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National Youth Mental Health Foundation

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For parents supporting young people

- You are not alone, we are in this together
- The crisis will pass, there is hope
- Promote adequate sleep, healthy diet, regular exercise
- Go for a walk or drive together – shoulder to shoulder is less confrontational
- Prioritise family meals
- Set limits on screen time
- Get your teen involved
- Promote volunteerism

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***Keep connecting with your teen,
keep encouraging them to talk.
Keep checking in.
Be there for them.***

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Don't struggle alone
There is always hope
Things will get better, this crisis will pass
You are deeply loved and cared for
Help is available
Get support and you will feel better

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You are important

You are loved

You are needed

You are worthwhile

You are enough

It OK to have good days and bad days

Its OK to cry about everything and nothing

Its OK to feel frustrated, sad, anxious, scared

Its OK to feel – learn to sit with your feelings

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13 11 14
24/7 support

Managing anxiety

- Self care – exercise, healthy diet, sleep
- Spending time with family, friends, pets
- Meditation, yoga, visualising, relaxation and slow breathing techniques
- Reduce stress
- Talking therapy with a psychologist :
Triggers of anxiety, coping strategies
- GP - Medication



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