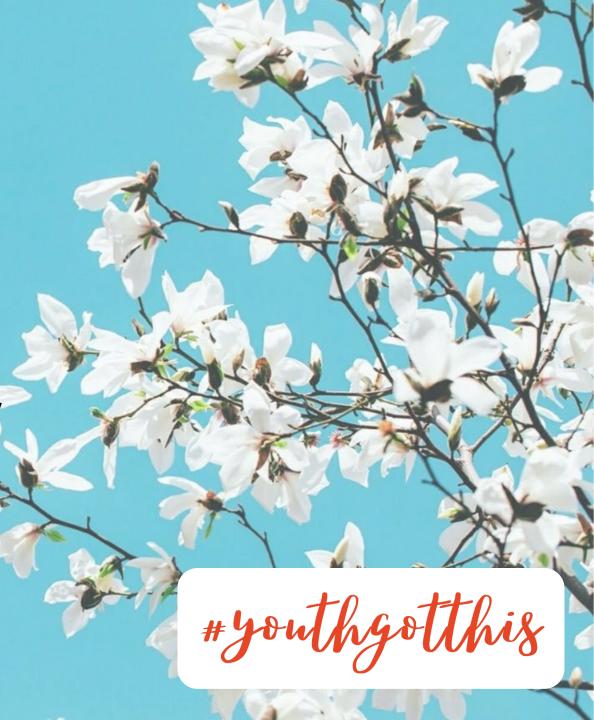
Symptoms of **anxiety**

- 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



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'



When should you get help?

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



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



- 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



- 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



#youthgotthis

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





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



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

#youthgotthis



Crisis Support. Suicide Prevention.

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



#youthgotthis