

MYTHS & FACTS

MYTH 1: All mental illnesses are treated with medication.

FACT 1: For mild to moderate depression and anxiety, the first choice of treatment is psychological therapies.

MYTH 2: Mental illness is not a real medical condition.

FACT 2: Mental illness **is** a medical condition

MYTH 3: Mental illness mostly affects adults.

FACT 3: 75% of mental illness onset is before the age of 25.

MYTH 4: People who are smart or emotionally strong, don't get mental illness.

FACT 4: Mental illness can affect anyone from any walk of life, culture or gender.

MYTH 5: People with a mental illness are dangerous.

FACT 5: **No.** People with a mental illness are hardly ever dangerous.

HELP IS OUT THERE

Northern Melbourne headspace 1300 880 218

Austin Child & Adolescent Mental Health Service (CAMHS) 9496 3620

Frontyard - Young People's Health Service 9611 2409

Area Mental Health Services:

- Northern 1300 650 295
- North East 1300 859 789

Community Health Services:

- Darebin 8470 1111
- Banyule 9450 2000

ADEC (Counselling) 9480 1666

PHONE COUNSELLING

Kids Help Line 1800 551 800

Life Line 13 11 14

Suicide Help Line 1300 651 251

USEFUL WEBSITES

www.headspace.org.au

www.reachout.com.au

www.ybblue.com.au

www.sane.org.au

www.orygen.org.au

www.mmha.org.au

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NOT ALONE



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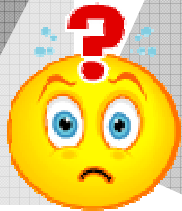
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MENTAL HEALTH

Mental Health is a state of emotional wellbeing in which a person can fulfil their abilities, cope with the normal stresses of life, work and/or study productively and be able to make a contribution to the community.



MENTAL ILLNESS



Mental Illness refers to a range of conditions which affect a person's thoughts, feelings, actions and mental functioning.

COMMON MENTAL ILLNESSES

The two most common mental illness affecting young people are Depression and Anxiety.

DEPRESSION: is an illness that significantly affects the way a person feels, causing a persistent lowering of mood. It is often accompanied by a range of physical and psychological symptoms that can interfere with the way the person is able to function in their everyday life.

Depression is the most common mental health problem for young Australians. About 1 in every 4 young people aged 12-25 will experience depression.

ANXIETY: is worry. It is an unpleasant emotional state that ranges from mild uneasiness to intense fear and is accompanied by physical symptoms that affect a persons' day to day living.

Anxiety is a common mental health problem for young Australians. About 1 in every 10 young people aged 18-25 and 1 in every 25 young people aged 13-17 will experience anxiety.

CAUSES

Most mental illnesses are caused by the interaction of a number of factors including:

- Family history – genetics
- Stressful life events
- Chemical imbalance in the brain
- Individual psychological factors – self esteem, thinking style
- Drug use

WARNING SIGNS

- Being unusually sad or worried for more than 2 weeks.
- Withdrawing from your social life; spending less time with friends and family.
- Change in your sleeping patterns; being consistently tired, lack of energy, have trouble sleeping or insomnia.
- Change in appetite; eating much less or much more, weight loss or gain, vomiting.
- Thinking you are worthless and have low self esteem.
- Making comments about suicide, talking about feeling hopeless and that life is not worth living.
- Becoming so anxious that you have difficulty breathing, start to sweat, choke, or feel faint and shaky.

TREATMENTS

Mental illness can be treated. Treatment refers to all the different ways in which someone with a mental illness can get help to minimise the effects of the illness. Treatment types include:

- Psychological – therapy, counselling
- Medical
- Lifestyle and Alternative – support programs and groups, nutrition, exercise, relaxation, massage, acupuncture, alcohol avoidance, vitamins and herbal supplements

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