

You can:

MANAGING YOUR WELLBEING

- Take good care of yourself: Slow down, practise some self-care and, if you need to, consider taking time off or asking for help.
- Talk to someone you trust
- Make an appointment with your doctor
- Find a psychologist through the Australian Psychological Society, or a counsellor: www.theaca.net.au/find-registered-counsellor.php
- Visit your local headspace centre, if you're under 25. www.headspace.org.au
- Contact the Kids Helpline **1800 55 1800**: 24/7 telephone online counselling and support service for people aged between 5 and 25. www.kidshelp.com.au
- Grow your awareness and better understand mental ill-health by doing a Mental Health First Aid course: www.mhfa.com.au

Help-seeking info

- **Mental Health Emergency 13 14 65**
(This is the South Australian 24/7 mental health triage service)
- **Lifeline 13 11 14**
- **Suicide Call Back Service 1300 659 467**
- **Kids Helpline 1800 55 1800**
- **Mensline Australia 1300 78 99 78**
- **beyondblue 1300 22 4636**
- **Lived Experience Telephone Support Service (LETSS) 1800 013 755**
5pm–11.30pm, 7 days a week



Government of South Australia
SA Mental Health Commission



Mindframe



EVERYMIND

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SA Mental Health Commission Walking through a Mindfield

MENTAL ILLNESS & SUICIDE
+ LANGUAGE & SELF-CARE
GUIDE

45% 
of Australians will
experience a diagnosable
mental illness in their life.
It's highly likely you – or
a number of people you
know – will experience
mental ill-health.

[MIND YOUR WORDS]

The language we choose can reduce the discrimination and stigma around mental illness, promote hope and encourage people to talk openly and get support.

Remember:

- Mental ill-health covers a wide range of symptoms and conditions.
- Use accurate and respectful language. A person is so much more than a diagnosis. People 'live with' rather than 'suffer from' mental illness.
- Insensitive use of language can perpetuate negative attitudes towards people who experience mental ill-health, fostering discrimination and increasing stigma.
- Outdated terms such as 'mental patient', 'nutter', 'lunatic' and 'psycho' encourage discrimination and mock or trivialise mental illness.
- People who experience severe mental illness are more likely to be victims – not perpetrators – of violent crimes
- People with lived experience of mental ill-health are the experts by virtue of that experience – and should be listened to and engaged, not excluded.

These language guidelines are recommended by *Mindframe*, with the support of the SA Mental Health Commission.



USE

Mental Illness

- A person with a mental health problem
- A person who has experienced psychosis or 'a person with schizophrenia'
- They are "living with", have "a diagnosis of mental illness" or being treated for

Suicide

- Took their own life
- Ended their own life
- Died by suicide
- Made an attempt on their life
- Suicide attempt
- Non-fatal suicide attempt
- Higher rates of suicide
- Increasing rates
- Concerning rates



DON'T USE

Mental Illness

- ✗ unhinged
- ✗ maniac
- ✗ loony
- ✗ mad
- ✗ mentally ill
- ✗ victim
- ✗ the afflicted
- ✗ a person suffering from
- ✗ a sufferer
- ✗ psycho
- ✗ schizo
- ✗ happy pills

Suicide

- ✗ successful suicide
- ✗ unsuccessful suicide
- ✗ failed suicide
- ✗ suicide bid
- ✗ suicide epidemic
- ✗ suicide mission
- ✗ political suicide
- ✗ suicide pass
- ✗ committed suicide

MANAGING YOUR WELLBEING

You matter!

- We need to look after our mental health, just as we care for our physical health.
- Traumatic events, relationship issues, financial concerns, social isolation and stress from study or work can all impact on our mental health and wellbeing.
- Taking care of our own mental health enables us to cope with daily challenges and build healthy personal and work relationships.
- We also need to look out for the mental health and wellbeing of our families, friends, colleagues and fellow community members.
- If you're feeling distressed, don't ignore it in the hope it will go away. It helps to talk to someone you trust and to seek support.
- It's OK not to feel OK... don't be afraid to reach out and seek help! A trusted friend, colleague, your GP or a counsellor are all good starting points for support and help.
- If someone who may be mentally unwell seeks your support, validate their distress and offer what support you can non-judgementally. If you feel they might need further support, ask them who is best placed to help them (family, GP or counsellor). If you feel they are at crisis point, contact the mental health triage line on 13 14 65, or call directly for an ambulance.

Remember there is help available... reach out!