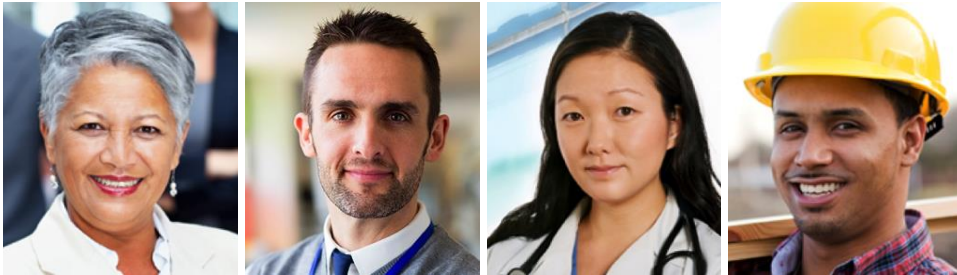




Mental Health Awareness Session

Clean Energy Council



People in Focus

What kind of issues?

At some point in our lives we can all experience difficulties managing issues in our personal and work lives.



Around

2.1 Million
DEPRESSION

People in
Australia
Live with

Around

2.6 Million
ANXIETY

People in
Australia
Experience

1 in 5 WOMEN



1 in 8 MEN



Are likely to experience
DEPRESSION
in their lifetime



8 AUSTRALIANS

DIE BY SUICIDE
EVERY DAY -



MOST OF WHICH
ARE **MEN**

1 in 8 WOMEN



1 in 10 MEN



Are likely to experience
an **ANXIETY-RELATED** condition
in their lifetime

ABS Study, 2014-15

See the Signs

Physical

- Talking faster than usual
- Tiredness
- Hyperactivity
- Change in appetite
- Sleep problems

Thoughts

- Negative or pessimistic
- Irrational thinking
- Confused or forgetful
- Decreased concentration
- Attitudes such as “near enough is good enough” or “who cares”

Behaviours

- Achieving less than normal
- Irregular sleep patterns
- Minor accidents / more mistakes
- More stimulant use (caffeine, alcohol or other drugs)
- Poor judgement

Emotions

- Short-tempered with others
- Keyed up, over-excited or anxious
- Frequent changes in mood
- Irritable
- Withdrawn
- Down, sad or depressed
- Bored or apathetic

What are your strategies for managing stress?

Thinking



Relationships



Physical



Environmental



Where do I get help?

- **Manager/work colleague**
- **Family member or friend**
- **GP and professional counselling**
- **Call 000 Emergency**
- **Suicide Callback Line (24hrs) - 1300 659 467**
- **Lifeline Counselling (24hrs) - 13 11 14**
- **Men's line (24hrs) - 1300 78 99 78**



