



SELF CARE APPS



MoodGym

Depression and Anxiety
(psychological/emotional)



My Coping Plan

Healthy Coping Strategies
(psychological/emotional)



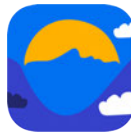
MyGrief

Grief and Bereavement
(psychological/emotional)



MyFitnessPal

Nutrition and Fitness
(physical)



Beyond Now suicide safety plan

Grief and Bereavement
(psychological/emotional)



MapMyRun

Nutrition and Fitness
(physical)



Holy Bible

Spiritual Development
(spiritual)



Recharge

Health and Wellbeing
(psychological/physical)



SuperBetter

Games and Challenges
(motivational)



LinkedIn

Developing new networks
(professional)



MindShift

Anxiety Relief
(psychological)



WhatsApp

Social connection (social)





MENTAL HEALTH TALANOA (MHT) TOP 5 TIPS TO SUPPORT THE WELLBEING OF YOURSELF AND OTHERS

The following tips are about maintaining your wellbeing with yourself and others in a proactive way. We encourage putting these into practice on a regular basis to help prevent feeling overwhelmed and to support a collective response across your family and community towards an ongoing mental health talanoa.

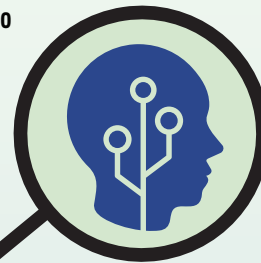


CONNECT WITH YOURSELF

- # Listen to your body and be kind to it
- # Rest, get fresh air, sleep and hydrate

CONNECT WITH OTHERS

- # Create a list of who your support people are
- # Intentionally organise times to catch up via technology or in person



CONNECT WITH ENJOYMENT

- # Do something you enjoy which could be a hobby or recreational activities
- # Nurture Vā through spirituality including church, prayer, meditation, mindfulness and nature



CONNECT WITH SERVICES

- # Reach out to free professional health services including in person and online counselling services and your local Doctor
- # Maintain a relationship with your health professional and the goals you create

CONNECT WITH INFORMATION ABOUT MENTAL HEALTH AND WELLBEING

- # Access reliable information including the Mental Health Talanoa Research and Resources
- # Talk with your support people to share knowledge and information



FOR PROFESSIONAL SUPPORT PLEASE ACCESS



lifeline.org.au
Ph (24/7): 13 11 14



headspace.org.au/eheadspace



kidshelpline.com.au
Ph (24/7): 1800 55 1800