One in five Australians are affected by mental illness annually, yet many don’t seek help because of stigma. Promise to shed a more positive light this World Mental Health Day on 10 October.

VISIT 1010.ORG.AU
10 PROMISES TO HELP SHED A MORE POSITIVE LIGHT ON MENTAL HEALTH

PROMISE TO...

**DISCONNECT TO RECONNECT**
Consider how your tech habits might be preventing you from really tuning-in to those around you and those you love.

**LIVE IN THE PRESENT**
Being stuck in the past or worrying about the future is bad for your mental health. Reduce stress by learning to fully appreciate what’s right in front of you.

**STAY ACTIVE**
To increase wellbeing and reduce symptoms of depression and anxiety.

**GET AN EARLY NIGHT**
Getting enough sleep is good for your mind and body. Sleep helps you feel energised, stay focused and protects your mental health.

**KEEP LEARNING**
At every life stage, as a great way to keep the mind active and boost your confidence. Learn a new skill, take up a language, or simply read a book!

**GET TO KNOW THE NEIGHBOURS**
For reduced isolation and a stronger community. Neighbours can even expand your social circle and be a wonderful source of support.

**EAT WELL**
Eat a healthy diet and limit caffeine and alcohol. A diet that’s good for your physical health is also good for your mental health.

**GET OUTDOORS**
To improve your mood and reduce anxiety. Time outdoors has a positive effect on mental as well as physical health.

**BE KIND**
Research shows that being kind to others boosts your happiness. It helps build social connections and strengthens relationships.

**SEEK HELP**
Taking action may not be as hard as you think. Talking to friends, family or your GP is a great starting point. GPs can make a diagnosis, discuss treatment options, and refer you for appropriate support if needed.

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**HELPLINES & INFORMATION**
If you or someone you know is in danger or needs immediate medical attention, please call 000.

**COUNSELLING SERVICES**
- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467
- beyondblue: 1300 224 656
- MensLine Australia: 1300 789 978
- Kids Helpline: 1800 551 800
- Veterans and Veterans Families Counselling Service: 1800 011 046
- Butterfly National Helpline: 1800 334 673

**ONLINE CRISIS SUPPORT CHAT SERVICES**
Chat online for free with a qualified mental health professional (Anonymous and confidential)
- beyondblue.org.au
- eheadspace.org.au
- lifeline.org.au
- qlife.org.au/support
- sane.org/get-help
- headtohealth.gov.au

**HELPFUL SERVICES & INFORMATION**
- Aftercare: 1300 001 907
- Black Dog Institute: blackdoginstitute.org.au
- Blue Knot Helpline: 1300 657 380
- Carer Support: 1800 242 636 or 1300 554 660
- Gambling Helpline: 1800 858 858
- headspace: headspace.org.au
- Mind Australia Infoline: 1300 286 463
- Movember: au.movember.com
- PANDA Helpline: 1300 726 306
- Parentline: 1300 301 300
- QLife: 1800 184 527
- ReachOut: au.reachout.com
- Relationships Australia: 1300 364 277
- RU OK?: ruok.org.au
- SANE Australia Helpline: 1800 187 263