

Tasmanian Mental Health and Suicide Prevention Communications Charter

Youth Key Messages


Mental Health:

When you think about your health, do you consider your mental health in the picture? Being mentally healthy is just as important as being physically healthy. Good mental health is about maintaining all aspects of your life. There are many things you can do to support your mental health, for example: getting enough sleep, eating well, spending time with family and friends, doing things that make you happy e.g. swimming, music, cooking, art.

Mental Ill-Health:

Many people experience mental ill-health at different points in their life.

Mental ill-health can impact your thinking, emotions or relationships, for example:

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- It may cause you to worry more frequently, feel stressed out all the time or become overly anxious in social situations.
 - You may feel sad or less hopeful over a prolonged period and stop hanging out with friends.
 - You could feel paranoid or unsafe.

A mental illness is diagnosed by a medical doctor.

Mental ill-health may develop into a diagnosed mental illness if it is not treated.

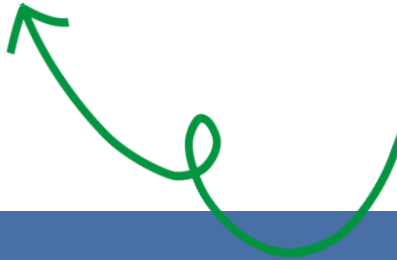
Mental ill-health doesn't have to control your life.

Recovery is possible but it looks different for every person.

There are many treatments and supports available.

The sooner you get help the better.

You can get help by:

- Making an appointment with your GP.
 - Calling or visiting a Headspace centre near you.
 - Calling Lifeline 13 11 14.
 - Calling Kids Helpline 1800 55 1800.
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Suicide Prevention:

Experiencing suicidal thoughts can be a distressing and isolating experience. People experiencing suicidal thoughts often feel like there is no way out. Most suicidal people do not want to die, rather, they feel they have run out of ways to cope with their pain. There is always a way out of suicidal distress and many people have been supported to make it through. There are many supportive people who care and can help people through a crisis.

Suicidal Thoughts:

Suicidal thoughts can occur even if someone doesn't have a mental illness.

Self-harm is not always linked to suicidal thoughts.

Self-harm and suicidal behaviours are not a cry for attention and should be taken seriously.

There are many reasons why someone may take their life.

People can take their own lives without having a diagnosed mental illness.

Even though the pain can be deep and hurtful there are alternatives to suicide and ways to get help for suicidal thoughts.

Many people are supported through suicidal crisis and their suicidal thoughts go away.

It's often others who notice a friend or family member may be struggling. If you suspect someone may be suicidal, share your concerns with others or encourage them to get help.

While suicide prevention is everyone's responsibility there is a limit to that responsibility: no one is responsible for another person's decisions or actions.

It's important to get help early if you or someone you know are having thoughts of suicide.

Some ways to get help are:

- Talking your family or friends
- Calling Lifeline on 13 11 14
- Making an appointment with your GP
- Calling 000 if in crisis or feeling unsafe