

# I'm not OK?

“Our greatest glory is not in never failing,  
but in rising up every time we fail”

Ralph Waldo Emerson

<p><b>Feeling alone?</b></p>	<p>It's very common to feel alone when going through adversity.</p> <p>More people are seeking help than ever before – Medicare rebates for psychological counselling are up 54% in 2009 over 2008.</p> <p>A problem shared is a problem halved.</p>	<p>Ask yourself.....</p> <p>“Who do I trust that I can discuss this with?”</p>
<p><b>Reaching out</b></p>	<p>It's OK to say I'm not OK.</p> <p>It's OK to ask for help.</p> <p>It's OK to say I've lost hope.</p> <p>Don't let misconceptions about mental illness stop you from seeking help.</p> <p>Talk to someone you trust and feel comfortable with.</p>	<p>Ask yourself –</p> <p>“what is distressing me now?”</p> <p>“what help is easy to ask for?”</p> <p>“what help is difficult to ask for?”</p> <p>If answering these questions is tricky, or makes you feel negative or even panicky, you could probably benefit from asking for help from a loved one.</p>
<p><b>Taking action</b></p>	<p>Nothing changes until someone acts.</p> <p>Seek more information about mental health issues.</p> <p>See your GP or another trusted health professional.</p> <p>Find a self help strategy that works for you e.g. walking 30 minutes per day.</p>	<p>Make an appointment today.</p>

# R U OK?Arvo expert support guide

## Guiding principles

- Just take one step today to get the expert help and support you need.
- These are your options (in preferred order):
  - Contact your local GP or if you wish to find another refer to the search facility on the beyondblue website.
  - Contact your Employee Service Provider (EAP) (if available) to talk with a counsellor.
  - Contact a helpline to get more information about the issue you're experiencing.
  - Complete the [www.BlackDogInstitute.org.au](http://www.BlackDogInstitute.org.au) anonymous depression self test.
- If you are finding it hard to take action ask someone to help you with finding expert support.

Professionals	Contact Your local doctor (GP), or find a GP through the beyondblue search facility	
	Help is available through your EAP provider	Details may be listed on Intranet or contact HR if unsure
	beyondblue have a list of GPs with an interest in mental health issues – search by post code	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a> 1300 224636
	Find a Psychologist through the Australian Psychological Society – search by post code	<a href="http://www.psychology.org.au">www.psychology.org.au</a> 1800 333 497
Help lines	<b>Lifeline</b> – 24/7 telephone counselling service	13 11 14
	<b>Beyondblue Info Line</b>	1300 22 4636
	<b>Mensline</b> – 24/7 Support for men dealing with relationship and family issues	1300 789 978
	<b>Kids Help Line</b> – 24/7 Telephone and online counselling for your people between 5 & 18	1800 55 1800
	<b>Domestic Violence Helpline</b> – 24/7 telephone service for people affected by domestic violence	1800 656 463
	<b>Suicide Call Back Service</b> – For suicidal, carers, and bereaved. 7 days: 10am – 8:30pm	1300 659 467
	<b>Mental Health Information Service (NSW only)</b>	1300 794 991
	<b>SANE Australia Helpline</b> Weekdays 9-5 – mental health advice	1800 688 382
	<b>Gay &amp; Lesbian Counselling Line</b>	1800 184 527
	<b>Veterans Line</b>	1800 043 503
	<b>Telephone Interpreter Service</b> If English is not your first language please call the Telephone Interpreter Service	131 450