



Signs and symptoms of mental health issues

- No longer enjoying things you used to love
- Having trouble sleeping
- Spending lots of time on your own
- Finding it hard to think or concentrate
- Feeling sad most of the time
- Using alcohol or other drugs more often to cope

If you're feeling worried or stressed, having a yarn with a family member or a friend can help.

For further support call the Alcohol and Drug Support Service (ADSS) and speak to a counsellor on 9442 5000 or 1800 198 024 (confidential, 24/7, call backs available).



For more information visit strongspiritstrongmind.com.au