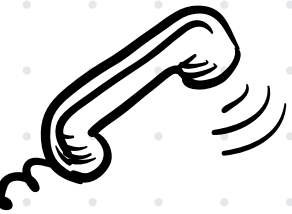


# REBUILD TOGETHER

MENTAL WELLNESS AND COVID-19

# CLASS NOTES





# STEVEN GAMBLE

FOUNDER  
Man Anchor

Getting people to talk about their mental health is easier said than done. Steven Gamble from Man Anchor is here to change that. To start the conversation and empower us all to create positive change and a sustainable model to support the wellbeing of our friends, family and wider community.



# MENTAL WELLNESS

In these unprecedented times it is completely understandable that some people within our community will be feeling levels of stress and low levels of anxiety. It is important that we address this before the stress and anxiety grows to distress or mental health crisis. The following points are a few key takeaways from the RMC presentation.

## THE STATS

1 IN 5

1 in 5 adults will experience a mental illness in Australia over a 12-month period.

1 IN 3

1 in 3 adult females will experience anxiety over a 12-month period.

1 IN 5

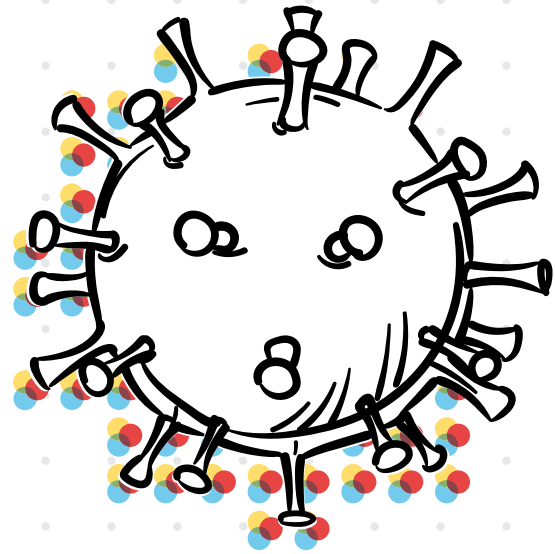
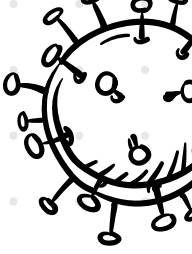
1 in 5 adult males will experience anxiety over a 12-month period.

35%

Only 35% of Australians living with a mental health disorder seek clinical support.

14 TO 44

Suicide is the leading cause of death in males aged 14 to 44.



# 3 STEPS TO SUPPORTING YOUR MENTAL HEALTH DURING COVID-19

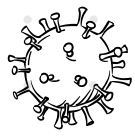
## 1 PREVENTION

Communication - Social distancing does not equate to social isolation - stay connected.

Exercise - Your physical health plays a big role in keeping you mentally well.

Diet - Eat a balanced diet and limit your alcohol intake.

Limit your News feeds - The barrage of negative news can have negative effect on your mental wellbeing.



## 2 EARLY INTERVENTION

Early intervention is key to preventing someone from becoming unwell.

Know the signs and symptoms - Mental illness can affect your Thinking, Feelings, Behaviours and Physical wellbeing.

Reach out for support - If you noticed the signs seek support from your family, friends and GP.

Reach out to give support - Be there to support and help them find clinical supports.

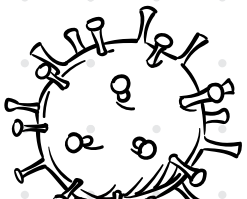
Clinical Support - If you feel yourself becoming unwell reach out to your local GP.

## 3 TREATMENT

Professional Support - There is a wide range of mental health professionals to support you from your local GP to a Psychiatrist. The local GP is an easy place to start.

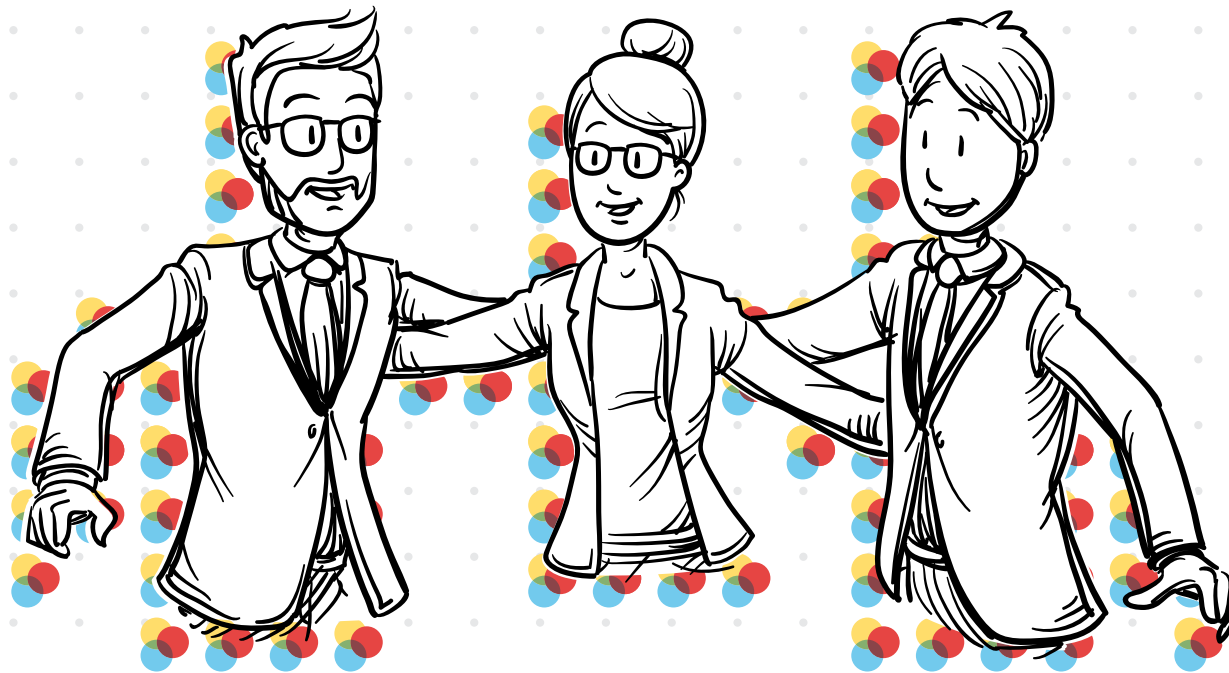
Relationship - It's important that you build a relationship with your health professional to work together to have a positive outcome.

Treatments - There are many different forms of treatments and you can talk with your health professional about them.



# SUPPORTING OTHERS

If you notice a friend, family member or colleague showing potential signs, they may be living with a mental health disorder, so it is important that we reach out to give support. Keeping in mind we do not need to have all the answers, we just need to be there to support the individual to find professional support.



## TIPS FOR STARTING THE CONVERSATION

KEEP IT SIMPLE

STAY CALM

ENSURE IT IS A SAFE ENVIRONMENT

LISTEN

BE OPEN

USE EMPATHY

GIVE THE PERSON TIME TO THINK

DO NOT BE DISMISSIVE

DO NOT BE JUDGEMENTAL

# Q&A



The answers to the following questions raised during the webinar were provided. Please note this is not medical advice, if you require support please get in touch with a health professional or see support referrals below.



**Q/ How do you recommend starting a conversation about your own mental health with loved ones?**

**A /** Reaching out to your loved ones is a positive step towards mental wellness and open communication is part of that. It's ok to not be ok and telling your loved ones that can lift that mask we have on at times which hides how we're really doing. I would recommend just being honest about how you're doing in a time and place where you feel most safe. Sometimes, it's a matter of asking for some time to be listened to from start to finish without interruptions which can set the tone to an open, non-judgemental conversation.

**Q/ How do you think COVID-19 has shaped the broader conversation about mental health?**

**A /** COVID-19 has definitely shaped the mental health conversation by pushing it to the forefront of the public mind, it's more public than ever. It's gotten the conversation started and shown the importance, in these social distancing times, that reaching out in more creative ways is more important than ever. The rise of telehealth availability of mental health services, previously only available to rural patients, are now readily available. It's changing how mental health services can be provided and the benefit of mental health initiatives.

**Q/ When talking about stress, distress and crisis, what are the most common signs of stress moving to distress and crisis?**

**A /** The most common signs of stress escalating to distress and/or crisis is when it impacts your day to day living. The most common signs are in behaviour such as withdrawing from previously enjoyed activities, unable to complete tasks or focus and relying on alcohol and drugs. However, there is no one size fits all, especially if someone is very good at putting on a mask. Sometimes, it's a matter of just checking in here and there, even when people seem to be doing ok with a genuine, "How are you doing?" and just listening. Listening is underrated in the value and support it can bring to someone. A conversation can save someone's life.

**Q/ What are some of the key barriers to people seeking support?**

**A /** The main barriers to people seeking support is stigma, money and access. Stigma around the perception of seeking help prevents people, especially men, from getting the much-needed support they need. Money and access plays into this as it makes it not readily available in addition to the stigma around mental health. However, there are still many resources and support available, as provided in these Class Notes.

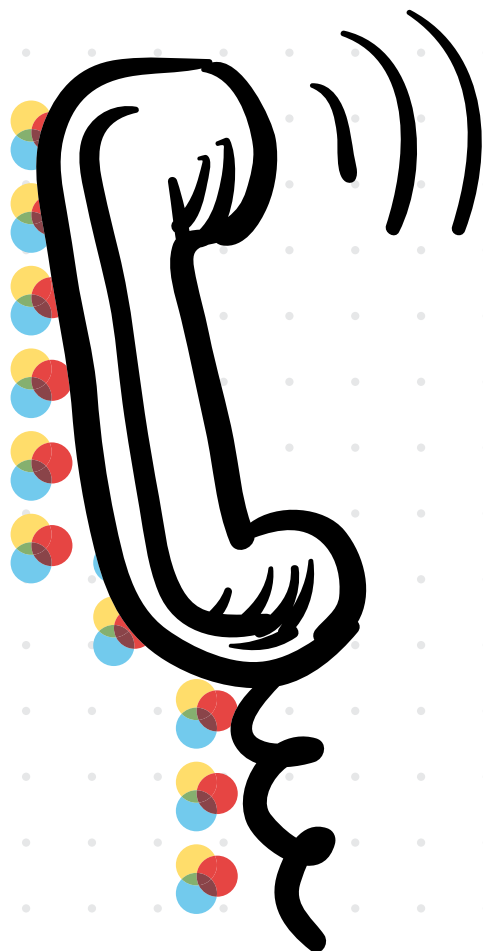
**Q/ One big topic throughout the TEC leadership community that I'm involved with is building resilience in youth and education like this to youth. As a parent I'd welcome any tips you have on building resilience in the young ones.**

**A /** Honesty cannot be overstated. Children understand more than we know and genuine, honest and open communication that it's ok to not be ok helps them to know it's ok to open up about various feelings, whether happy, sad, angry, anxious or more. It's important to raise awareness and educate from a young age that mental illness is like any other illness in treatment and support and that taking steps to take care of ourselves is part of mental wellness.

A CONVERSATION  
CAN SAVE  
SOMEONES LIFE



# REFERRALS AND RESOURCES



**Lifeline**  
13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)

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**Suicide Call Back Service**  
1300 65 94 67  
[www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

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**Beyond Blue**  
1300 22 46 36  
[www.beyondblue.org.au/home](http://www.beyondblue.org.au/home)

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**Men's Line**  
1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au)

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**1800RESPECT - Domestic Violence and Sexual Assault**  
1800 73 77 32  
[www.1800respect.org.au](http://www.1800respect.org.au)

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**Kids Help Line (5-25y)**  
1800 55 1800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

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**Q-Life**  
1800 184 527  
[www.qlife.org.au](http://www.qlife.org.au)

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