

MINDSHIFT TO A BETTER PLACE



Are you feeling
overwhelmed?

Do you
doubt
your own
self-worth?

You are not alone.

Take the first step by talking
to your doctor or health care
professional.

They understand and
want to help YOU.



How The MindShift Foundation can help

Understanding your self-worth can lead you to the right questions to ask.

The MindShift Foundation's online resources include information on:

- Body Image
- Bullying
- Depression and Anxiety
- Online Bullying
- Peer Pressure
- Relationships
- Social Media
- Work Place Issues
- Preparing to speak to your GP

We also have a book that offers practical insights on self-worth and preventative mental healthcare. It's called **MindShift to a Better Place**, and is a guide to creating lasting change, healthy self-worth and positive mental health.

Visit www.mindshift.org.au/resources for all resources.



Do you sometimes have ...

Feelings of sadness, tearfulness or hopelessness?

Outbursts of irritability or frustration, even over small matters?

A loss of interest or pleasure in normal activities?

Sleep disturbances, such as insomnia or sleeping too much?

Tiredness and a lack of energy for even small tasks?

Anxiety, agitation or restlessness?

Slowed thinking, speaking or body movements?

Feelings of worthlessness or guilt, failure or self-blame?

Trouble concentrating, making decisions or remembering things?

Unexplained physical problems?

*If you do, talk to your GP and visit www.mindshift.org.au for further information and **MindShift to a Better Place**.*



The Mindshift Foundation's Mission

To help individuals, families, communities and workplaces recognise the importance of self-worth, to encourage preventative mental health intervention, and to offer support to the community through awareness campaigns, resources and public discussions.

The MindShift Foundation's Vision

That a healthy wellbeing and positive mental health can be achieved by any person of any age and from any background.

24-Hour Telephone Counselling

If you or someone you know has an urgent mental health issue and you are in Australia please call:

Emergency	000
Lifeline	13 11 14
Kids Helpline	1800 551 800
MensLine Australia	1300 789 978
Suicide Call Back	1300 659 467

For the latest updates and further information please visit **mindshift.org.au**

The MindShift Foundation thanks



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Together with MedSoft, Portfolio Creative Services Group and SpoutLogic for the distribution and production of this brochure.

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