

“I called today, in the midst of a panic attack... and spoke to the most helpful person. He grounded me, reminded me that it would pass and that the “what if’s” are only my anxiety speaking... I’m not sure that I would have gotten through today without this phone call.”

Anonymous caller

Pop out the card below and keep it in your wallet for a quick reference.

**Talk it through with us,
we'll point you in the
right direction**



1300 22 4636



beyondblue.org.au/getsupport

Contact us



Call 1300 22 4636

Give us a call any time of the day or night – select from the voice menu or simply hold on the line to talk with a trained mental health professional – all for the cost of a local call (could be more from mobiles).



Email us

Visit **beyondblue.org.au/getsupport** and go to 'Email us'. Send your message – and hear back from one of our trained mental health professionals within 24 hours.



Chat online

You can chat to us online 24 hours a day 7 days a week. Visit **beyondblue.org.au/getsupport**, and go to 'Chat online' to get started. Fill in your details, accept chat rules and a web chat will commence with the next available trained mental health professional.





Suicide and crisis support

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000 or Lifeline on 13 11 14.

Where to find more information

Beyond Blue

 beyondblue.org.au

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service.

 **1300 22 4636**

Email or chat to us online at
beyondblue.org.au/getsupport

 [@beyondblue](https://www.facebook.com/beyondblue)

 [company/beyondblue](https://www.linkedin.com/company/beyondblue)

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 [@beyondblueofficial](https://www.instagram.com/beyondblueofficial)

Head to Health

 headtohealth.gov.au

Head to Health can help you find free and low-cost, trusted online and phone mental health resources.

The Beyond Blue Support Service is provided by Medibank Health Solutions (a subsidiary company of Medibank Private Limited).

 Donate online: beyondblue.org.au/donations



Talk it through with us

Beyond Blue Support Service



beyondblue.org.au/getsupport



1300 22 4636

Talk it through with us

We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much. Whatever it may be, sharing the load with someone else can really help.

So no matter who you are, or how you're feeling, you can talk it through with us – we'll point you in the right direction so you can seek further support.

Last year people in Australia accessed our service more than 190,000 times to discuss their concerns whether big or small.

If you or someone you know is experiencing anxiety or depression or just going through a tough time, you can contact us too.

All conversations are one-on-one with a trained mental health professional, and are completely confidential. Although we may ask for your first name and some general details, you can let us know if you'd like to remain anonymous.

Our focus is to address your immediate concern, to provide you with information, advice and brief counselling, and to point you in the right direction so you can seek further support.

The information in this document is general advice only. The advice within it therefore may not apply to your circumstances and is not intended to replace the advice of a healthcare professional.

Anxiety and depression

Anxiety and depression are two of the most common mental health conditions in Australia.

The good news is that just like physical conditions, anxiety and depression can be treated. Both conditions share many of the same treatments and, with the right treatment, most people recover.

Calling the Beyond Blue Support Service is a good place to start.

The sooner a person with anxiety and/or depression seeks support, the sooner they can recover.

Anxiety

Anxiety is more than just feeling stressed or worried. Anxious feelings are a normal reaction to a situation in which a person feels under pressure. However for some people, these anxious feelings happen for no apparent reason, are more extreme reactions to a situation or can continue after the stressful event has passed.

For a person experiencing anxiety, anxious feelings cannot be brought under control easily. Anxiety can be a serious condition that makes it hard for a person to cope with daily life.

Common symptoms of anxiety:

- panic attacks
- racing heart
- tightening of the chest
- snowballing worries
- obsessive thinking and compulsive behaviour
- avoidance of particular situations (i.e. social situations).

Depression

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it's a serious condition that has an impact on both physical and mental health.

Common symptoms of depression:

- not going out anymore, loss of interest in enjoyable activities
- withdrawing from close family and friends
- being unable to concentrate and not getting things done at work or school
- feeling overwhelmed, being indecisive and lacking in confidence
- increased alcohol and/or drug use
- loss or change of appetite and significant weight loss or gain
- trouble getting to sleep, staying asleep and being tired during the day
- feeling worthless, helpless and guilty
- increased irritability, frustration and moodiness
- being unhappy or pessimistic most of the time
- having thoughts such as, "I'm a failure", "Life's not worth living", "People would be better off without me".

It's important to note that everyone experiences some of these symptoms at times, which does not necessarily mean a person has anxiety or depression. Equally, not every person who is living with these conditions will experience all these symptoms.

To give you more insight, complete our simple checklist at **beyondblue.org.au/checklist**

**“I rang the Support Service
a few weeks ago. The call
stopped me from suicide and
I feel as though I have turned
my life around because of the
counsellor I spoke to.”**

Anonymous caller

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Beyond Blue Support Service

If you, or someone you know is experiencing anxiety or depression or just going through a tough time, you can talk it through with us.

Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

Three ways to contact us



1300 22 4636

24 hours
a day, 7 days
a week



Email us

Get a
response
in 24 hours



Chat online

24 hours
a day 7 days a
week



www.beyondblue.org.au/getsupport