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## September 2020 - R U OK? Day Edition

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A person's mental health can affect how they feel, think, behave and relate to others. Mental illness, is very real and more common than you might think.

Below is a video of North West Tasmanian locals discussing R U OK? Day and further down a list of local service providers, hotlines and further information on Mental Health services within Devonport.

Click on the image to watch the video...

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“Just because no one else can heal or do your inner work for you.....doesn't mean you can, should, or need to do it alone.” \_Lisa Olivera

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## IMMEDIATE SUPPORT - 24/7 HOTLINES

Life Line - 13 11 14 - Crisis Support and Suicide prevention services

Beyond Blue - 1300 22 4636 - Advice, referral and support from a trained mental health professional

Suicide Call Back Service - 1300 659 467 - free counselling and support for people at risk of suicide, carers and bereaved

MensLine Australia - 1300 78 99 78 - telephone and online support for men with emotional health and relationship concerns

Kids Helpline - 1800 55 1800 - private and confidential phone and online counselling service for young people aged 5 to 25

1800RESPECT - 1800 737 7322 - counselling, information and referrals for sexual assault, domestic and family violence

Open Arms - 1800 011 046- support for current and ex-serving ADF personnel and their families

Gambling Help Online - 1800 858 858 - telephone help service for anyone affected by gambling

eFriendofriend.org.au - free, virtual peer support service that providing non-clinical, peer-based mental health support

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YOU DON'T NEED  
TO BE AN  
EXPERT TO  
REACH OUT -  
JUST A GOOD  
FRIEND AND A  
GREAT LISTENER.



# Ask R U OK?

😊 You've got what it takes 😊

Start a conversation using these 4 steps



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

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A big thank you to all our video participants,  
for further information on services within our  
local area visit

<https://www.devonport.tas.gov.au/>

<https://www.ruok.org.au/>

Don't forget to have the conversation you  
could change or even save a life



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