

“ I was in a bad way the other night and did not know where to turn so I phoned *beyondblue* and it allowed me time to settle and get passed the danger zone. Please anyone out there if you feel life is just getting too much ring this [support service]. ”

Patricia, Facebook



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

Talk it through with us



Depression. Anxiety.

 1300 22 4636

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

Three ways to 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.

We'll be there to listen, offer support and point you in the right direction all for the cost a local call (could be more from mobiles).



Email us

To send us an email, visit www.beyondblue.org.au/getsupport and click 'Email us'.

Complete your details and write your message – you'll hear back from one of our trained mental health professionals within 24 hours.



Chat online

Sometimes you may not feel like talking on the phone, so why not chat to us online?

We're online from 3pm to 12am (AEST) every day.

Visit www.beyondblue.org.au/getsupport, and click 'Chat online' to get started, then complete your details and accept the chat rules.



Answer the brief pre-chat questions



Read and accept the chat rules



Click on chat icons



Wait for the next available counsellor

Web chat will commence with the next available trained mental health professional.



beyondblue

Depression. Anxiety.

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.

Talk it through with us

beyondblue

www.beyondblue.org.au

Learn more about anxiety and depression, or talk it through with our support service.

☎ 1300 22 4636

✉ Email or 💬 chat to us online at
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The *beyondblue* support service is proudly supported by The Movember Foundation.

The *beyondblue* support service is provided by Medibank Health Solutions (a subsidiary company of Medibank Private Limited).

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beyondblue
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beyondblue Support Service



www.beyondblue.org.au/getsupport  1300 22 4636



Talk it through with us

beyondblue offers support and information to every person in Australia, regardless of their age, gender, background or location.

Last year, over 78,000 Australians contacted us for support. Many were seeking advice or information, and others simply wanted to talk through their concerns.

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



Call 1300 22 4636

24 hours a day,
7 days a week



Chat online

3pm to 12am (AEST)
7 days a week



Email us

Get a response in
24 hours

All calls and chats are one-on-one with a trained mental health professional, and completely confidential. (Although we may ask for your first name, let us know if you'd like to remain anonymous).

These conversations focus on addressing your immediate concern, as well as providing you with information and advice on getting further help and support.

Anxiety and depression

Anxiety and depression are common in Australia.

1 million +

adults in Australia
experience depression

2 million +

adults in Australia
experience anxiety

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.

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

Calling the *beyondblue* Support Service is a good place to start. A trained mental health professional will be able to talk through your concerns with you.

Anxiety – what to look out for

Anxiety is more than just feeling stressed or worried. Anxious feelings are a normal reaction to a situation where a person feels under pressure. However, for some people these anxious feelings happen for no apparent reason or 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 INCLUDE:

- hot and cold flushes
- racing heart
- tightening of the chest
- snowballing worries
- obsessive thinking and compulsive behaviour.

Depression – what to look out for

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.

A person may be depressed if he or she has felt sad, down or miserable most of the time for more than two weeks and/or has lost interest or pleasure in usual activities, and has also experienced some of the signs and symptoms on the list below.

COMMON SYMPTOMS OF DEPRESSION INCLUDE:

- 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 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
- feeling unhappy, sad or miserable most of the time
- 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 from time to time and it may not necessarily mean a person is depressed or anxious.

Equally, not every person who is experiencing anxiety or depression will have all of these symptoms. The symptoms will not provide a diagnosis – for that you need to see a health professional – but they can be used as a guide.

“ Your counsellor Joseph helped me a lot... he made me feel much better and helped me open my eyes and calm down. ”

Email feedback

“ Thank you so much. I just want you to know that you have saved a life today. ”

Anonymous caller

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***beyondblue* Support Service**

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Our trained mental health professionals are there to listen, offer support and point you in the right direction for the cost a local call from a landline (it could be more from a mobile).

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