The MindShift Foundation's Mission:

We believe that healthy wellbeing and positive mental health can be achieved by any person, of any age, and from any background. Our mission is to help people achieve this by encouraging mental health intervention, raising awareness, promoting self-worth, providing resources and encouraging healthy conversations.

We need your help to make a difference.

DONATE HERE

Your tax-deductible donation can help promote self worth, wellbeing and positive mental health. Visit **www.mindshift.org.au**

24-Hour Crisis Support

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

Emergency	000
Lifeline	13 11 14
Kids Helpline	800 551 800
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

Worldwide ...more than just print SOUTH BRISBANE

MEDSOFT E Health Consulting and Technology

TONIC MEDIA NETWORK

Ogilvy

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MIND SHIFT

TO A BETTER PLACE

Are you doubting your self-worth?

Still feeling isolated?

YOU ARE NOT ALONE

Take the first step...

Talk to your Doctor or Mental Health Care professional. They understand and want to help you.

We're here to help...

Mental health issues already affect 1 in 5 Australians. And sadly, due to the stress and isolation of COVID-19, that number is likely to increase. The MindShift Foundation has online resources to help you learn about your own mental health, with information on:

- Depression and Anxiety
- Body Image
- Bullying and Cyberbullying
- Relationships and Trust
- Social Media
- Workplace Issues
- How to Talk to Family and Friends
- Preparing to speak to your Doctor

Create lasting change, healthy self-worth and positive mental health. Our book, MindShift to a Better Place, can help you do this, with practical insights on building self-worth and preventative healthcare.

Buy your copy at **mindshift.org.au/resources**

Do you sometimes...

- ☑ Feel sad, tearful or hopeless?
- ☑ Have outbursts of irritability or frustration, even over small matters?
- ☑ Lose interest or pleasure from things you enjoy?
- ☑ Experience insomnia, sleeping disturbances, or sleep too much?
- ☑ Feel anxious, agitated or restless?
- ☑ Experience lethargy, mentally or physically?
- ☑ Feel worthlessness, guilt, failure or self-blame?
- ☑ Struggle to concentrate, make decisions or remember things?
- ☑ Find yourself sighing excessively?
- ☑ Suffer from unexplained aches and pains?

If you do, we're here to help. Talk to your Doctor and visit **mindshift.org.au** for useful resources to help you MindShift to a Better Place.