

# SPOT THE SIGNS



Feeling moody,  
teary or angry



Feeling tired,  
lacking energy  
or motivation



Trouble concentrating  
or making decisions



A change  
in eating or  
sleeping patterns



Feeling  
worthless, worried  
or anxious



Losing interest  
in activities, hobbies  
or passions



Withdrawing  
or avoiding people,  
places and events



Experiencing nausea,  
heart racing or  
rapid breathing

**If you notice any of these signs and symptoms:**

- lasting for more than two weeks
  - getting worse or more extreme
  - getting in the way of daily life
- It may mean you or someone you know is experiencing a mental health challenge,  
speak up and seek support.

Mental health issues are common in Australia. If you or a loved one are experiencing symptoms, you are not alone. With the right conversations and the right help, you can bounce back.

Relationships Australia Tasmania  
1300 364 277  
[tas.relationships.org.au](http://tas.relationships.org.au)

Kids Helpline  
1800 551 800  
[kidshelpline.com.au](http://kidshelpline.com.au)

Mental Health Services Helpline  
1800 332 388

Lifeline  
13 11 14  
[lifeline.org.au/tasmania](http://lifeline.org.au/tasmania)

To learn more about the signs and symptoms of depression and anxiety check out [www.beyondblue.org.au](http://www.beyondblue.org.au)



*Relationships Australia*  
TASMANIA

[www.staychatty.com.au](http://www.staychatty.com.au)  
[staychatty@reltas.com.au](http://staychatty@reltas.com.au)

