

Ways to help

Some young people find that doing things helps to keep their mind busy. These are called distractions.

Some examples are:

- Walking
- Sports
- Drawing or art
- Poetry or reading
- Listening to music

Can you list any examples of things you could do to distract yourself?

"To stay strong, we need to keep yarning about our mental health to those around us - our friends and family. And remember, just one small step can make a difference."

Where to go for help

If you notice these changes in yourself or a friend, there are lots of ways to get help, these are:

- Talk to someone you trust in your community, like an Elder or a health worker
- Talk to your friends or family
- Go to your local health centre
- Talk to your school counsellor
- Talk to your youth worker

Who else can help?

For support regarding alcohol, drug and mental health issues, please contact:

Kids Help Line
1800 55 1800 free call

Alcohol and Drug
Information Service (ADIS)
1800 177 833 free call within QLD

To order more copies of this pamphlet, please contact ADIS



Queensland Government

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MEDICINES

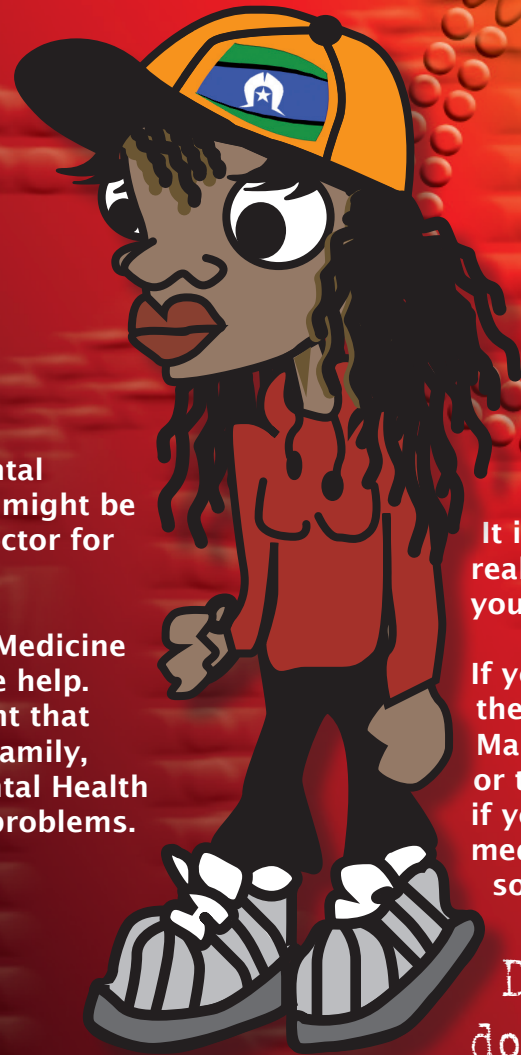
What are medicines?

If you have a mental health issue, you might be asked to see a doctor for some medicine.

But don't forget! Medicine is only part of the help. It is still important that you talk to your family, Elders or the Mental Health Mob about your problems.

What can medicines do?

- Help you think before you do stuff
- Help make you feel happy
- Help you stay calm and chill out
- Let you sleep better
- Give you more energy
- Stop your mind playing tricks on you



It is easy to forget, but it is really important that you take your medicines every day.

If you forget, don't take more the next day to catch up. Make sure to let your doctor or the mental health mob know if you keep forgetting to take the medicines. They might think of something to help you remember.

Do all medicines do the same thing?

- No!
- Some medicines make you feel happy and chilled
- Others help you sleep better
- And others might make it easier for you to think straight
- Sometimes you might have to take more than one medicine for different things

Can medicines have problems?

- Different medicines might make some people feel crook, but that doesn't mean it will make you feel crook.
- Make sure you tell your family, doctor or the mental health mob if you feel sick or agro after taking your medicine.
- Ask your doctor if there is any special problems about your medicine you should look out for.

"I feel shame, but I'll talk to my Aunty, maybe she knows someone who can help me."