

# Mental Health Support for Seniors

## Symptoms

- I am feeling sad
- I don't enjoy anything anymore
- I am feeling alone
- I can't sleep, I sleep too much or I frequently have nightmares
- I am not interested in eating
- I feel like my life is out of control
- I don't want to see anyone
- My memory is worse than usual
- I think about hurting myself or ending my life

If this is how you feel, talk to someone

## Support



Your Doctor



Family and Friends



Support Services



Community or Religious Leader



Mental Health Services

## Recovery



Call 131 450 to ask for an interpreter in your language

# Useful Telephone Numbers and Resources



[www.mcci.org.au](http://www.mcci.org.au)  
**Tel: 02 4229 7566**

## LIFELINE

[www.lifeline.org.au](http://www.lifeline.org.au)

**Tel: 13 11 14**

## BEYOND BLUE

[www.beyondblue.org.au](http://www.beyondblue.org.au)

**Tel: 1300 22 4636**

## EMBRACE MULTICULTURAL MENTAL HEALTH

<https://embracementalhealth.org.au>

**Tel : 02 6285 3100**

## OPEN ARMS - VETERANS & FAMILIES COUNSELLING

[www.openarms.gov.au](http://www.openarms.gov.au)

**Tel: 1800 011 046**

## THE FORUM OF AUSTRALIAN SERVICES FOR SURVIVORS OF TORTURE AND TRAUMA - FASSTT

[www.fasstt.org.au](http://www.fasstt.org.au)

**Tel: (07) 339 16 677**

## TRANSCULTURAL MENTAL HEALTH CENTRE NSW

[www.dhi.health.nsw.gov.au/transcultural-mental-health-centre](http://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre)

**Tel: 1800 011 511**

## MENTAL HEALTH CARERS AUSTRALIA

[www.mentalhealthcarersaustralia.org.au](http://www.mentalhealthcarersaustralia.org.au)

**Tel: 1300 554 660**

This resource was developed in collaboration with mental health providers to raise awareness about mental health and what support is available.

It is OK to not feel OK sometimes, and it is OK to talk about it