

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
Tel: 02 4229 7566

LIFELINE

www.lifeline.org.au

Tel: 13 11 14

BEYOND BLUE

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

Tel: 1800 011 046

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

www.fasstt.org.au

Tel: (07) 339 16 677

TRANSCULTURAL MENTAL HEALTH CENTRE NSW

www.dhi.health.nsw.gov.au/transcultural-mental-health-centre

Tel: 1800 011 511

MENTAL HEALTH CARERS AUSTRALIA

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