

# Coping with Stress and Worry

Many people feel stress or worry about different aspects of their lives: it is estimated that one in five Australians experience a mental health concern (Australian Bureau of Statistics 2007).

## Maintaining a healthy mind and wellbeing

While many concerns are resolved without a need for external support, in some cases mental health requires the involvement and support of a professional such as a psychologist, social worker or counselling service.



The effects of stress and worry and a need for balance in the mind and body is true for all people, regardless of ability. Physical problems can be better managed when the entire body is well and balanced – mental health is a key part of this balance.

## Seeking support

When considering whether to access professional support for mental wellbeing, it is important to assess whether the situation is a crisis requiring immediate attention, or a concern that can be addressed over time.

If you are in crisis, seek help immediately.



If you are at risk or are actively engaging in behaviour that is causing you or others harm, immediate reporting to ambulance, police or Psychiatric Emergency Response Team or attendance at a hospital emergency department should occur.

Anyone experiencing suicidal ideations can present to a hospital emergency department at any time for support in keeping themselves safe.

Once a crisis has passed, continue to seek ongoing medical advice and support.

# Coping with Stress and Worry cont.

The below resources can be used anytime of the day or night to speak to a supportive person to help you through a challenging time.

- **Beyond Blue** – information and support for depression and anxiety
  - Phone: 1300 224 636
  - Online: [beyondblue.org.au](http://beyondblue.org.au)
- **Think Mental Health** – online mental health check-up tool and free resources
  - Online: [thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)
- **Lifeline Australia** – crisis support and suicide prevention
  - Phone: 13 11 14
  - Online: [lifeline.org.au](http://lifeline.org.au)
- **The Samaritans** – 24/7 anonymous crisis support
  - Phone: 135 247
  - Online: [thesamaritans.org.au](http://thesamaritans.org.au)
- **Suicide Call Back Service** – free mental health counselling for people affected by suicide
  - Phone: 1300 659 467
  - Online: [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## Getting Support is Important

Every person's needs are different, regular sessions with a psychologist or social worker will help you to share your concerns and enable the professional supporting you to find the best way to help you.

If you would like a better understanding of how psychosocial services or other psychosocial services may be able to support you or someone else, please seek advice from a professional, such as a psychologist, social worker, medical practitioner or other allied health professional.

## Allow your mind and body to work together

Many people with physical disabilities find stress and worry is related to their physical body's concerns and the pain and fatigue they experience. Speaking with members of the psychosocial team while also working with other members of the health professional team appears to help many people find balance. This balance means people can do the activities they want to do.



Visit [futurethinking.abilitycentre.com.au](http://futurethinking.abilitycentre.com.au) for more information.



### References

Australian Bureau of Statistics. (2007). *National Survey of Mental Health and Well-being: Summary of results. Catalogue No. 4326.0.* Canberra, ACT: Australian Bureau of Statistics.