

# Mental Health

## What is Mental Health?

Mental Health is not just the absence of mental disorder. WHO defines mental health as:

*“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”*

## Common Illnesses:

- Depression
- Bipolar disorder
- Schizophrenia
- Anxiety
- Personality disorders
- And many more



## Symptoms include:

- Confused thinking or reduced ability to concentration
- Long-lasting sadness and irritability
- Extremely high and low moods
- Excessive fear, worry or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Increasing inability to cope with daily problems and activities
- Significant tiredness
- Unusual drop in function

## Exercise and Mental Health:

- Improved self-esteem and confidence
- Team sports and exercise are often socially rewarding
- Enjoyable exercise can be a distraction from thoughts

## Where you can go?

- Your doctor
- Beyond Blue- [www.beyondblue.com.au](http://www.beyondblue.com.au)
- Lifeline- 13 11 14
- Kids Helpline- 1800 551 800
- Black Dog Institute



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