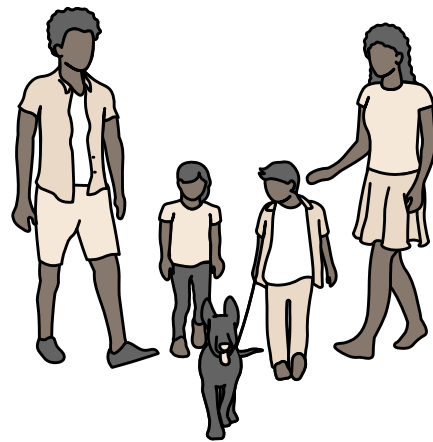


STAY MENTALLY HEALTHY

Let's put looking after our social and emotional wellbeing on our to do lists in 2022.

Here are some tips for things you can do to look after yourself:

- **Stay connected** with your family and friends – by calling or visiting someone you haven't talked to in a while.
- **Take a break from social media** – for some people, getting off the internet can help them get back into the right headspace. Why not try to take a day off from the internet and social media each week?
- **Look after your physical health**, by getting regular exercise, a good night's sleep, eating a well-balanced diet and drinking plenty of water.
- **Reach out and ask for help if you need it.** If you need to chat to someone, here are some numbers you can call:
 - Yarn Safe: 1800 650 890
 - Lifeline: call 13 11 14, or text 0477 131 114
 - Beyond Blue: 1300 22 4636



HAVE A YARN WITH YOUR HEALTHCARE WORKER ABOUT HOW YOU CAN BE LOOKING AFTER YOUR MENTAL HEALTH.

For more information, visit www.health.gov.au, or call 1800 020 080.