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My Health My Voice

JOIN PEOPLE BANK and get involved in helping to improve health in our region, or subscribe to My Health My Voice to receive our quarterly newsletters, visit nwmphn.org.au/working-with-our-community

Looking after your mental health

There is no doubt that 2020 has been an unprecedented year that has tested our resilience and challenged our concepts of what is normal.

Even with COVID restrictions easing, the end of year, holidays and Christmas can be stressful for many people. We need to look after ourselves and others.

Looking after our mental health and wellbeing is important. It influences how we think, feel, and behave. It also affects our ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

The good news is that there is lots of support available to help to maintain your mental health and wellbeing.

Talking to your GP is always a good place to start when you need help.

The new 'Looking after your mental health and wellbeing guide' and online local services and support list is another way to find help for yourself or someone you care about.

The services have been grouped to make it easier to find the ones that may meet your needs, including services available for everyone (regardless of age or circumstance), families, young people, men, the LGBTIQ community, Aboriginal and Torres Strait Islander people, people from migrant and refugee backgrounds, those seeking asylum, and carers.

This resource was developed after hearing feedback from our community,

through the place-based trials, regional planning consultations and feedback to the Royal Commission into the Victorian mental health system. Additional community consultation included GPs, bi-cultural workers and interviews with many People Bank members. Thank you to all those who contributed. (Visit [our website](http://our-website) for more People Bank opportunities).

Download the Looking after your mental health guide and share it with your community.

To find local services and support to suit you, go to nwmphn.org.au/mymentalhealth

Or call HeadtoHelp for someone to help you find the right support for you.

How are you feeling?



Find the right help for you

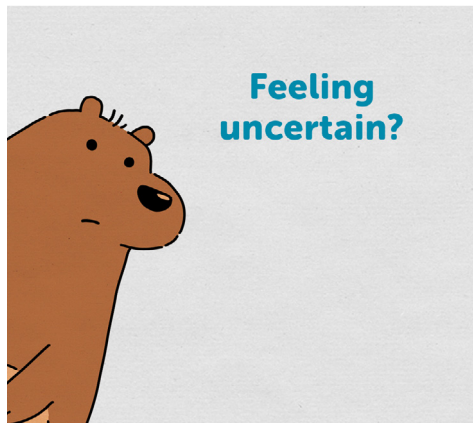


Image from the [HeadtoHelp](#) Community campaign by Icon Agency.

Feeling not right, for too long? Call 1800 595 212 and HeadtoHelp

If your mental health is suffering because of the current pandemic, call HeadtoHelp now.

The sooner you talk about your mental health, the sooner you'll get the help and support you need, to help you move forward and feel stronger.

A trained professional will take your call, give you advice, and if you need it, connect you to a free HeadtoHelp hub or help you find the support that suits your needs.



Call 1800 595 212 or headtohelp.org.au

8.30am – 5pm,
Monday – Friday (except public holidays).
Please note that this is not a crisis service.

Headtohelp is for anyone and any age. The service also has 15 hub locations around Victoria and has been set up by the six Victorian PHNs.

You can support and promote this service by using #SharetheBear or [HeadtoHelp Facebook](#) or [HeadtoHelp Instagram](#) pages.

Support for drug and alcohol issues

The Muslim Youth, Adult and Family (MYAF) program provides free support for anyone with drug and alcohol issues who lives in the north western Melbourne area. The support includes counselling and education programs for individuals and families.

MYSUPPORT Medical is a new GP (doctor) service that focuses on mental health, drug and alcohol challenges.

MYAF and MYSUPPORT Medical are culturally safe. They have bilingual workers to help support their diverse community.

Despite COVID-19 challenges MYAF is still open.

To speak to one of their friendly bilingual workers call 03 9078 3840 or for MYSUPPORT Medical call 03 8376 0794.



Sign up for START - free suicide prevention training

LivingWorks START is a 90-minute online training program that prepares people with the skills to recognise when someone is having thoughts of suicide and to respond to keep them safe.

The training is suitable for community members, health professionals and primary health care workers.

North Western Melbourne Primary Health Network are providing free licences for people in the north, west and central Melbourne area.

Sign up for START training for free by visiting nwmphn.org.au/start

Pine Berry Frappe Recipe

Ingredients

- 2 cups ice cubes
- 1/2 250g punnet strawberries, hulled
- 1/2 cup canned pineapple slices in natural juice, undrained
- 1/2 cup no-added-sugar apple and cranberry juice, chilled
- 8 mint leaves, plus extra, to serve
- 1 cup crushed ice, extra, to serve

Method

1. Place ice, strawberries, pineapple, juices and mint into a blender jug; blend until smooth.
2. Divide extra crushed ice between two glasses, pour over juice.
3. Garnish with mint leaves and serve immediately.

Recipe sourced from livelighter.com.au

Image courtesy of Livelighter

