

SPOTaTHON

Wear the **SPOT** to assist mental health

SPOTa

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DEPRESSION & ANXIETY

For the last 2 weeks or longer are things not right? Is it about ...

Social Isolation

Withdrawn from friends, family and the community.
Lonely. Lost interest or enjoyment in favourite activities.

Physical Health

Not eating or sleeping well, lack of regular exercise. Loss of energy and tired all the time. Unexplained aches and pains.

Obvious Changes

Sad, moody, worry a lot, teary, restless, on edge or irritable.
Weight loss or gain. Increased use of alcohol or substance abuse. Difficulty concentrating or can't make decisions.

Tough Times

Issues with school, work or home life. Relationship breakup, major illness, recent tragic or disturbing personal events.

● assistance to Get Help ●

If you **SPOT** the early signs from a few **GROUPS** above...
then assist people to get help or seek help for yourself.
See a doctor. Visit: ReachOut.com or Beyondblue.org.au

If someone's life is in danger call 000 Now

A Spota.org.au initiative supporting MHFA.com.au

