

How are you going?



How are you feeling?	Self-aware & calm	Irritable or impatient	Angry or frustrated	Aggressive, out of control
What's your stress level?	Coping well	Worried or nervous	Very nervous, panicky	Really anxious, panic attacks
What's your outlook?	Positive	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
How are you working?	Motivated & kicking goals	Putting things off, forgetting stuff	Unmotivated, not working well	Can't get anything done
How are you sleeping?	Sleeping normally	Trouble sleeping	Restless, disturbed sleep	Sleeping too much or too little
What's your energy level?	Energetic	Low energy levels	Tired	No energy & feeling unwell
What's your activity level?	Keeping active	Not doing as much as usual	Not enjoying activities	Avoiding activities
How social are you?	Feeling connected	Withdrawal from social activity	Annoyed with everyone	Avoiding people, isolated

What can you do?

Keep it up!	Ask for support, try not to judge yourself	See your GP	You must get help
	Talk to friends and family	Don't put it off, act now	Help is available
	Do something you enjoy	Contact Community Health or your EAP	

NSW
Mental Health Line
1800 011 511



Centre for Rural & Remote Mental Health

For more information:
www.ramhp.com.au
www.crrmh.com.au

You can follow us on:



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How are you going?

well

unwell

How are you going?	Am going well	Not so good	Cranky & upset for a while	Always cranky & upset
How hopeful are you?	Hopeful	No point in doing things	Feeling hopeless or worthless	Thinking about suicide
How are you going inside?	Feeling connected	Struggling	Really struggling	Lost sense of belonging & feeling alone
How are you coping with work?	Going good	Finding it hard to start things	Can't get things done	Too slack & no motivation
How's your stress?	Not stressed	Stressed a bit	A lot of stress	Always stressed out
How are you sleeping?	Sleeping well	Trouble sleeping	Waking up all the time	Not sleeping at all or sleeping too much
How energetic are you feeling?	Feeling good & Keeping active	Feeling flat & not doing as much as usual	Tired & drained & not enjoying things	Not doing anything & can't be bothered
Are you connecting with others?	Strong relationships	Withdrawing from people	Making excuses not to go out & see people	Staying away from people all the time
Are you feeling safe?	All good	A little bit nervous	Feeling like I might be hurt	Feeling scared all the time
How's your drinking & smoking?	No change	Looking for drink & smokes	Drinking & smoking all the time	Hurting myself & others when I drink & smoke

What can you do?

Keep it up!

<p>Draw on available support</p> <p>You can:</p> <ul style="list-style-type: none"> • take a break • do something that makes you happy • talk to family • talk to a close friend • talk to someone you trust 	<p>Get some help to be your best</p> <p>You can contact:</p> <ul style="list-style-type: none"> • your local AMS • your Community Health Centre <ul style="list-style-type: none"> • a GP • a Rural Mental Health Program (RAMHP) Coordinator www.ramhp.com.au 	<p>It ain't weak to speak</p> <p>Go to the ED, ask for an Aboriginal Liaison Officer</p> <p>You can ring 24/7:</p> <ul style="list-style-type: none"> • Mental Health Line 1800 011 511 • Lifeline 13 11 14 • Affected by suicide? Ring Suicide Call Back Service 1300 659 467
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About the Artist and Artwork

The artwork depicted in this poster are elements of a work by Trudy Sloane which was commissioned by the Centre for Rural and Remote Mental Health.

Trudy Sloane is a proud Wiradjuri Woman born in Dubbo NSW and daughter of well-known Aboriginal Artist Murri Boy Tom Sloane. She grew up watching her Dad paint and recalls listening to his stories about Indigenous culture as she watched his works unfold. While Trudy grew up surrounded by art, she really only started creating her own artwork in her late 20s. Trudy is inspired by concepts which she then enjoys bringing to life through colour. Through her Big Mobs Artworks business, Trudy is creating a distinctive style of Indigenous artwork which is in demand from individuals and corporate organisations throughout Australia.

Circles of Connection description: The colours used in this piece are muted tones of the colour palette of the Rural Adversity Mental Health Program (RAMHP). The large middle circle is RAMHP (us) and the five smaller "meeting places" surrounding it represent the communities we assist in our work, each colour representing a different community. The dotted horseshoe shapes are the people in these communities. The inner white lines reflect the directions of the tracks RAMHP leaves wherever it goes; the boomerangs represent what we give out and what we receive in return. What we teach is carried through the colours to pass the story on.



Circles of Connection
Artwork by Wiradjuri Woman
Trudy Sloane



Contact your local RAMHP Coordinator

RAMHP has Coordinators based across NSW who provide specialist knowledge and support for people experiencing mental health concerns. To find your local RAMHP Coordinator visit www.ramhp.com.au

ENTER YOUR POSTCODE
TO FIND YOUR LOCAL
RAMHP COORDINATOR



For more information:
www.ramhp.com.au or www.crrmh.com.au

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Centre for
Rural & Remote
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Thank you to our Indigenous stakeholders who assisted in the development of this resource.

The Centre for Rural and Remote Mental Health acknowledges the traditional owners and custodians of the land we live and work on.

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