



Feeling down, tense, angry or anxious are all normal emotions, but when these feelings persist for long periods of time they can affect your ability to think and function in everyday activities.

If you've noticed a change in how you are feeling or thinking, it's helpful to talk to someone.

Know that you're not alone. If in doubt, reach out.

TIPS

- Eat healthy
- Sleep well
- Exercise regularly
- Reduce alcohol and drug use
- Set realistic goals
- Build a support network
- Seek help

GETTING HELP

Starting out:	Contact your local GP or treating psychologist/psychiatrist to begin a mental health plan.	
In an emergency:	If you or someone you know is at immediate risk, contact emergency services on 000.	
Support:	Lifeline	13 11 14
	Kids Help Line	1800 551 800
	Mates in Mining	1300 642 111
	Men's Line Australia	1300 789 978
	Suicide Call Back Service	1300 659 467

Join the conversation

#itaintweaktospeak



The Gold Industry Group (GIG), its members and LIVIN are working together to help break down the stigma associated with mental illness and give people the basic tools to seek help and to help others.

Everybody experiences a form of emotional distress at some point in their lives, with almost one in five people suffering from a mental illness every year.

Two out of three Australians with a mental health issue do not access professional support as shame and embarrassment remains the number one barrier to getting help. LIVIN exists to positively change this with its many partners including the GIG.

LIVIN is a non-profit mental health charity that was founded in 2013 in loving memory of Dwayne Lally who took his own life after suffering in silence from a mental illness.

HOW YOU CAN HELP

- **Wear** your LIVIN merch loud and proud
- **Share** the LIVIN message #itaintweaktospeak
- **Speak** up and listen to others without judgement

GIG Member Champions

