



**Looking after yourself and others**  
Mental health in complex environments

# Mental health

“...a **state of wellbeing** in which every individual **realises their own potential**, can cope with the **normal stresses of life**, can work **productively and fruitfully**, and is able to **make a contribution to community**.”

World Health Organisation





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# Further resources and support

[beyondblue.org.au/get-support/national-help-lines-and-websites](https://beyondblue.org.au/get-support/national-help-lines-and-websites)

Beyond Blue	1300 224 636
Lifeline	13 11 14
DirectLine	1800 888 236
Griefline	1300 845 745
Headspace	1800 650 890
Switchboard Victoria	1800 184 527
Support Act Wellbeing Helpline	1800 959 500

## **Dose of good news**

@reasonstobecheerful

@happtivist

## **Mindfulness apps**

Waking Up with Sam Harris

Calm

Buddhify

Smiling Mind