

Keeping Mentally Healthy



When we are mentally well, we feel confident and positive. When we feel mentally positive we are able to feel a range of emotions and express them in a constructive way.

When we feel a range of pressures and stresses in our mental health there are positive steps we can take to get back to a state of wellness:

- Building balanced relationships
- Having a broad network of friends, family, colleagues
- Maintaining a healthy lifestyle
- Participating in physical exercise
- Giving back to others, getting involved in the community

- Engaging in positive thinking
- Participating in mindfulness and meditation

Mental health support is always available. If you or someone you know is at risk, get help; contact emergency services on **000**. You can also contact the beyondblue Support Service by calling **1300 22 4636**.

If you would like more advice on managing your mental health, call **1300 687 327** to speak with a Converge International consultant.

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