

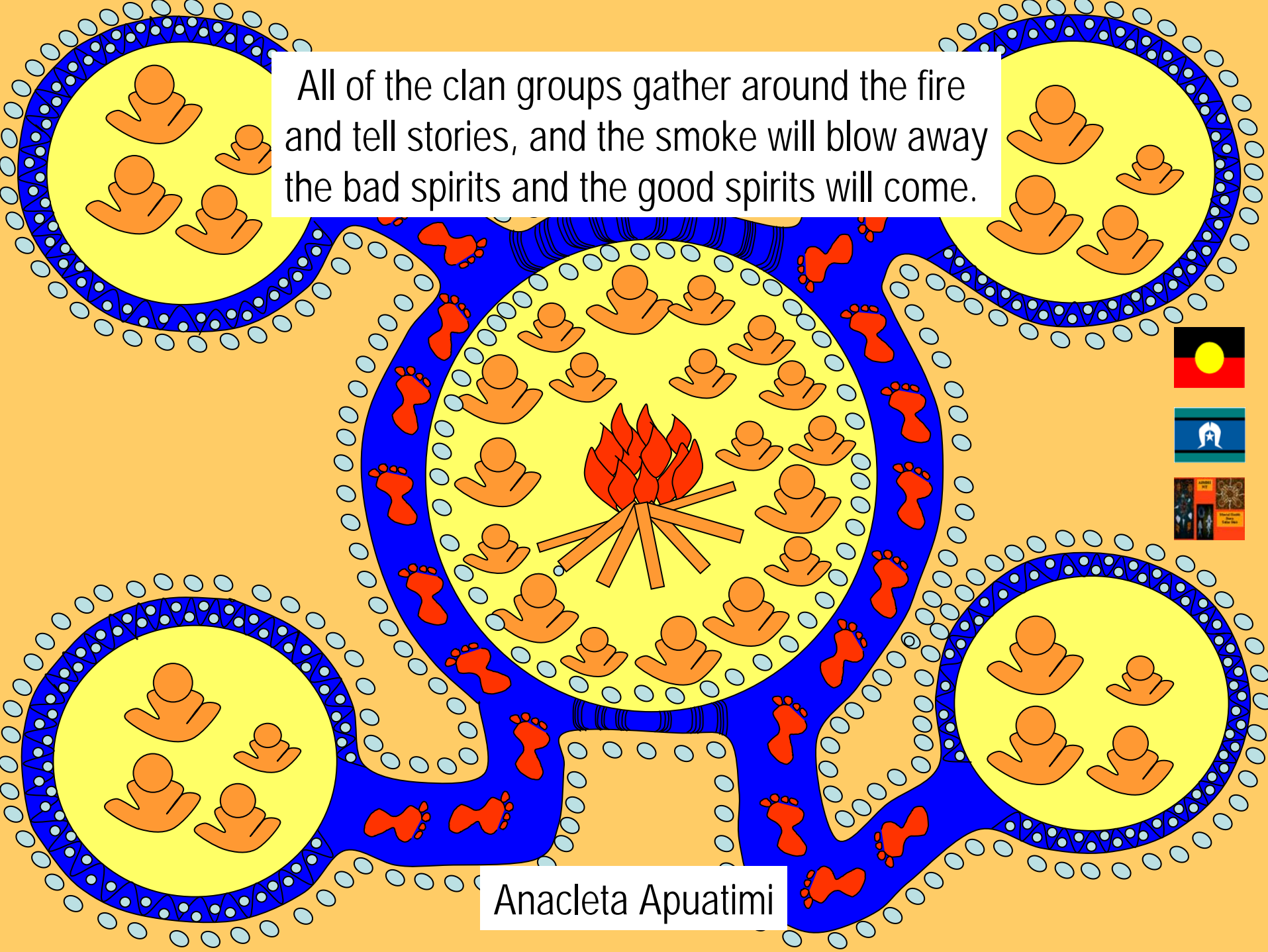


Yarning About Mental Health

Make Change Grow Strong Story

Tricia Nagel
and
Carolyn Thompson

All of the clan groups gather around the fire and tell stories, and the smoke will blow away the bad spirits and the good spirits will come.



Anacleta Apuatimi



Our people have strong culture. We are artists and storytellers, we are sporting legends and skilled hunters, we are musicians and dancers and uncles and aunties and grandmothers and grandfathers.



Most of all we are teachers, and we are teaching our children to find their way in a modern world. Our kids need a guide to find their way in the modern world ... they need to take our culture with them.... to bring both worlds into one.

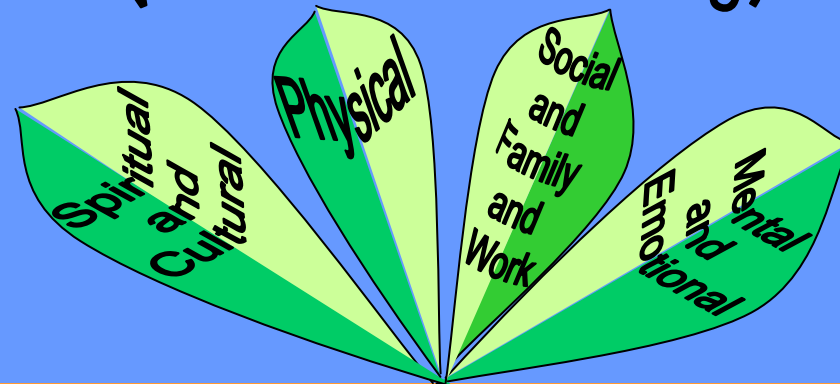


Mental health is like a tree with four branches.

A branch for each important area of our lives:

- *Spiritual and cultural*
- *Physical*
- *Family and social and work*
- *Mental and emotional*

What Keeps Us Strong?



Grow Strong Tree



We all have things which take our strength away...worries from now and worries from the past...

Too many worries can build up until we are out of balance. We can get out of balance on the inside and on the outside.



When we are out of balance we can get mental health problems.

Mental health problems can affect what we do and what we say, what we feel and what we think.

Common mental health problems are depression, psychosis and anxiety.

Worries Which Can Take Away Our Strength



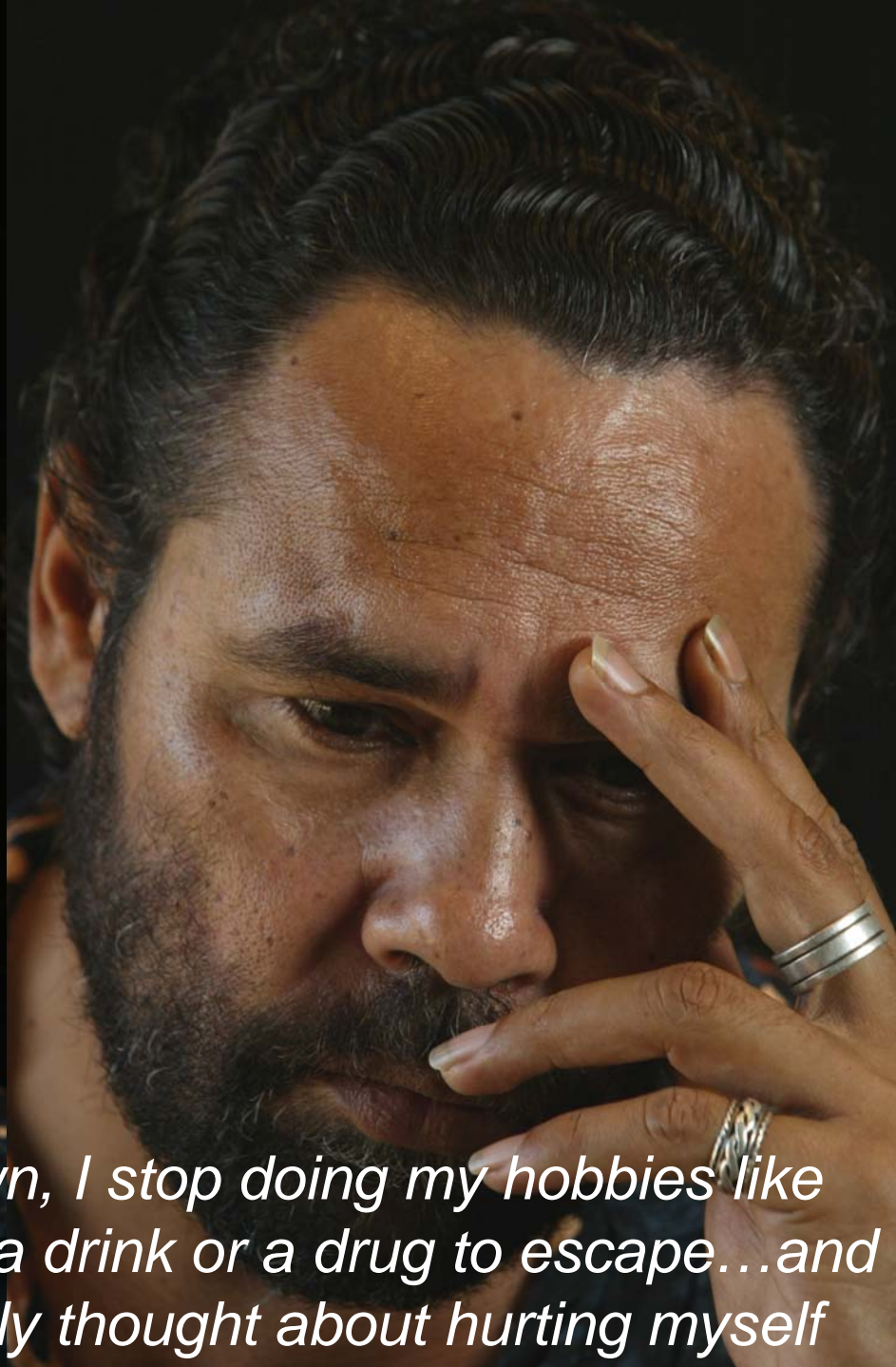
Spiritual and Cultural

Physical

Social
and
Family

Mental and
emotional





There are times when I get down, I stop doing my hobbies like music and art, I tend to reach for a drink or a drug to escape...and there are times...when I've really thought about hurting myself



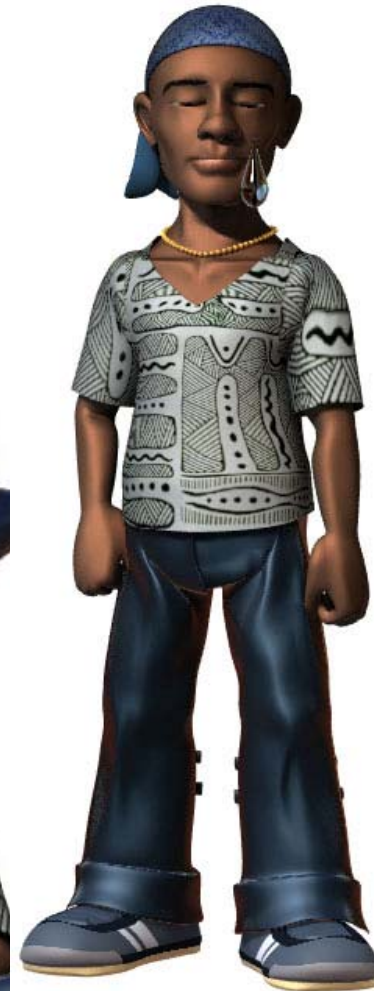
Depression can make us feel depressed or sad, feel like hurting ourselves or think of suicide.



Depression can make us think all the time, cry, sit up all night, not go out, stop eating well.



Depression can make us feel angry, feel bad inside, fight with family, feel no good about ourselves.





Psychosis can make us hear voices, see things we can't explain, feel like hurting our selves or think of suicide.



Psychosis can make us think jumbled thoughts, walk round all night, stop eating well, feel afraid, look for drugs and alcohol.



Psychosis can make us feel angry, fight with family, feel no good about ourselves.



Anxiety can make us restless and jumpy all the time, and walk round all night.

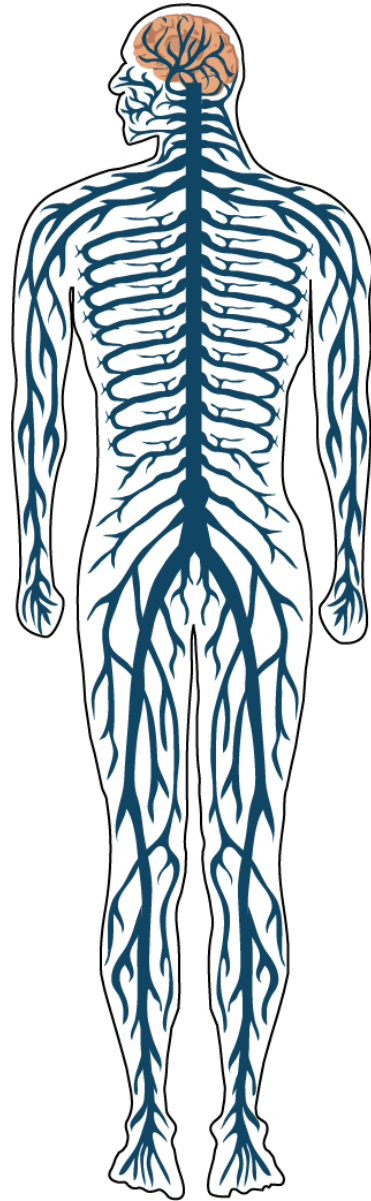


Anxiety can make us stop eating well, feel afraid, look for drugs and alcohol.



Anxiety can make us feel angry, fight with family, feel no good about ourselves.





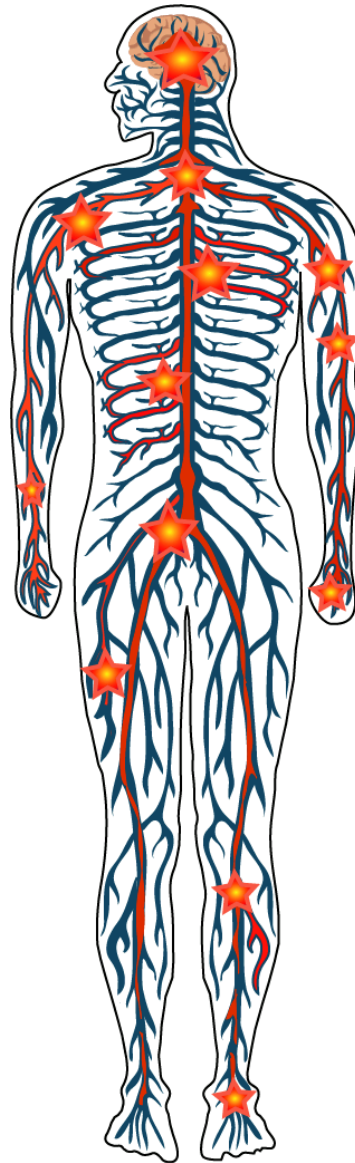
The brain is your control centre. It controls every thing you feel and do.

Messages are carried around the the body from the brain by chemicals.



The chemicals in the nervous system are balanced like water in a healthy river system.





Some things can make the balance in our nervous system go all wrong.

Some of the things that can make our nervous system off balance are too much worries or stress building up inside.

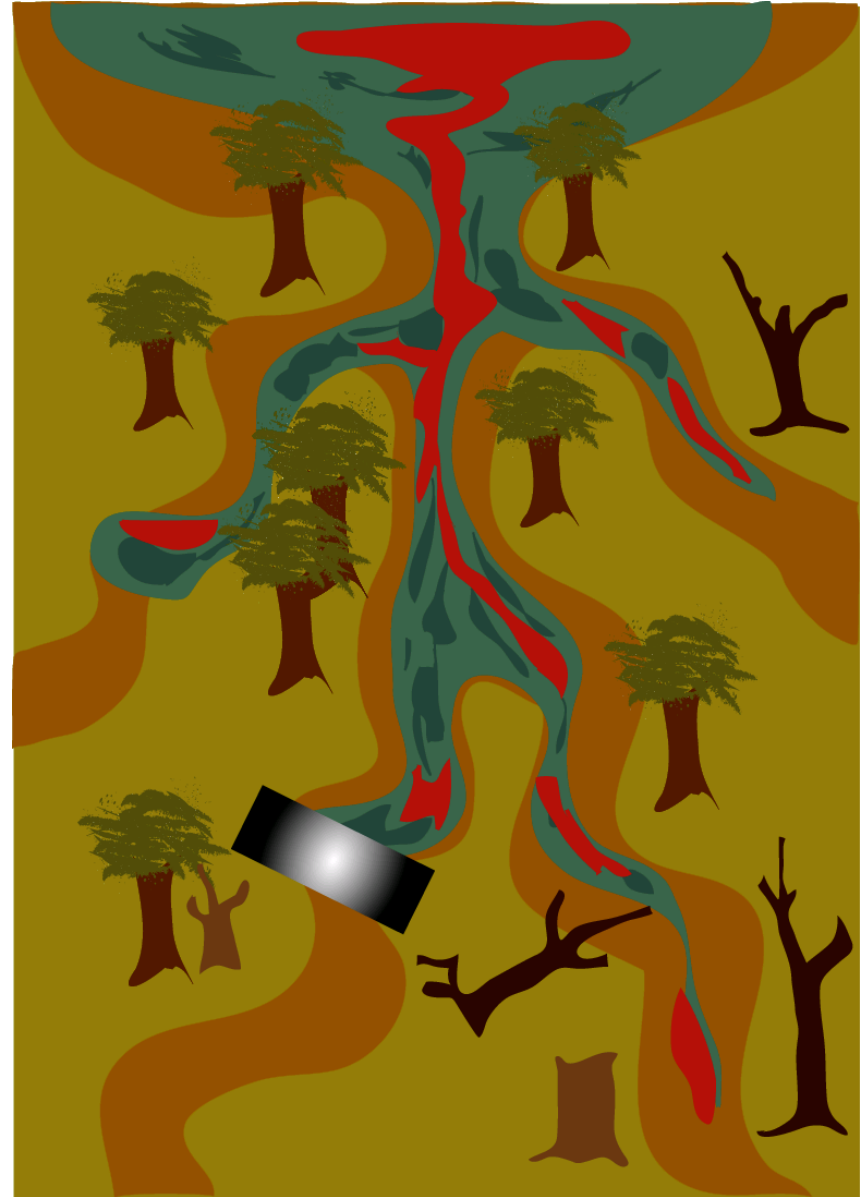


Poor sleep, poor diet,
physical illness, and too
much grog or other
drugs can make our
nervous system off
balance.



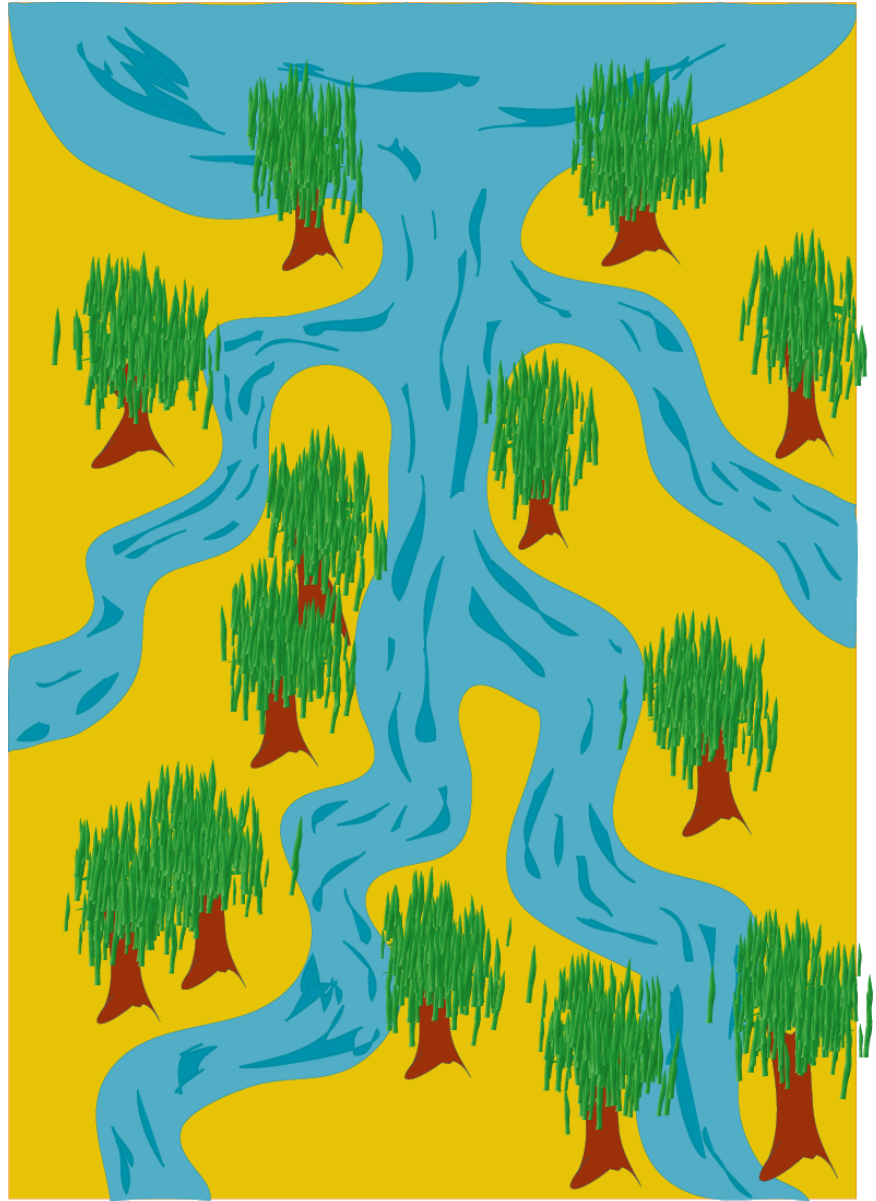


The balance in our nervous system can go wrong like a river system with dams or bad chemicals. When the chemicals in our nervous system are out of balance we can get mental health problems.





Mental health medicine
can balance chemicals in
the nervous system
again, like water in a
healthy river system.





*There are only
four things
to remember
for mental
health treatment*

1. Talk to family or friends
2. Do more of what keeps you strong
3. Do less of what takes your strength away
4. Get professional help

Mental Health Medicine





Make Change

Think about family

Think about what keeps you strong

Think about what takes your strength away

What would be the most important thing to start to change right now?

Goals

Goal 1.

Steps

Step 1. _____

Step 2. _____

Step 3. _____



Goal 2.

Steps

Step 1. _____

Step 2. _____

Step 3. _____

Good things about making this change are:



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