

At any point in time 1-in-5 Australians are experiencing a common mental illness. Up to 65 per cent of them may not even know it, and only 35 per cent of people experiencing diagnosable mental illness receive the help they need.

**Anxiety and Depression are two of the most common mental health problems in Australia.**

Most people experience the signs and symptoms of anxiety or depression in certain situations or on occasions. For some, those symptoms continue for more than a couple of weeks, and that's when it's important you seek professional help.

There are a range of behavioural, psychological and physical symptoms that, when experienced together for more than two weeks, may indicate you are depressed.

**These include:**


- Withdrawing from friends and family
- Struggling to get things done at work
- Difficulty concentrating
- Struggling to find things you enjoy
- Feeling overwhelmed, sad, frustrated, guilty and indecisive
- Feelings of failure and worthlessness
- Chronic tiredness and/or poor sleep
- Weight gain/loss or digestive problems
- Getting sick all the time


If you feel you need a hand, talk to an expert. If there are not many services in your area, or you'd prefer something more private, there are confidential phone lines and online services you can use to support your social and emotional wellbeing.

Visit [www.stayafloat.com.au/find-help](http://www.stayafloat.com.au/find-help) for a list of the contact details for a range of emotional and social wellbeing support helpline contact details.

If you, or someone you know, needs help or support please call

 **Lifeline** 13 11 14  
lifeline.org.au

 **Beyond Blue** 1300 224 636  
beyondblue.org.au

 **kidshelpline** 1800 551 800  
kidshelpline.com.au

 **MensLine Australia** 1300 789 978  
mensline.org.au

*If there is immediate danger please call 000 or visit your nearest hospital emergency department.*



**FEELING BLUE?**  
*You're not alone*

[www.stayafloat.com.au](http://www.stayafloat.com.au)

## STRESS AND ANXIETY

A little stress can keep you on your toes and help you get things done, but persistent stress reduces productivity and is probably doing you damage.

The commercial seafood industry life is busy and often stressful. Stress can be caused by everyday issues like finances, family and relationship pressures, and we know the uncertainty and changes to industry rules and regulations have a big impact on our industry. Extreme events like market access, COVID and bushfires have a very real impact.

Stress can affect many areas of the body including the nervous system, memory, the ability to fight off infection, cardiovascular health, pain and gut problems. Everyone reacts differently to potentially stressful situations. Your reaction can depend on your personality, your support network or other things that are going on in your life. Importantly, there is no 'right' or 'wrong' way to react, and every reaction is okay.

**Learning to recognise your stress triggers is an important step to develop coping skills and mechanisms. There are some quick and easy things to reduce your stress and improve your health including:**

- Getting adequate sleep
- Eating healthy meals
- If you're overwhelmed, make a list of what needs doing and choose just one or two small things to get done at a time

- Make and take the time to do something you enjoy
- Take time away from work to just be you
- Remain involved in your community
- Avoid the temptation to skip exercise or social events
- Find things to laugh about

These are the things we neglect when life gets stressful, but they are some of the simplest and most effective strategies to help us get through tough times.

If you feel you need a hand, there's nothing to be ashamed of. Talk to an expert. If there are not many services in your area, or you'd prefer something more private, there are confidential phone lines and online services you can use to support your social and emotional wellbeing.



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