



THE COAST

Hurling, Football & Camogie Club

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THE FACTS

Almost **half of us (45%)** will experience a mental disorder in our lifetime and **1 in 5** of us will experience a mental illness in a 12 month period. In reality **4 members of your team** may have been struggling with their mental health in the last year.

No one is immune to developing a mental illness, and it can affect us in a variety of different ways such as anxiety, substance use, addiction, depression or psychosis.

Often mental health problems are not purely 'psychological' and can present in physical ways such as excessive tiredness and fatigue, poor concentration, headaches, palpitations, and disrupted sleep.

Being migrants we are more vulnerable to the impact of mental illness for a number of reasons, particularly not having the social and family supports that we grew up with to help us through those stressful times in life.

Despite the overall rates of having a mental illness amongst men and woman to be equal, women are more likely than men to access support and treatment for their condition. In Australia, suicide is one of the leading causes of death in young men under the age of 54, with rates of suicide amongst men being significantly higher than woman. Encouraging our male family members, friends, husbands and partners to access help and support is one way in which we can all address this preventable 'statistic'.

Remember mental illness is treatable and not a death sentence. It is a condition and not a sign of weakness. Treatment can be catered to the individual's needs and wishes, from simple diet and exercise choices, psychology (talking therapy), to medication.

Where can I get help for myself or my friend?

Support and advice regarding mental health services are easily accessible online, through your GP or local specialist mental health services. For those who have Medicare, your GP can draw up a Mental Health Plan which includes up to 10 free sessions with a Psychologist/Mental Health professional per year.

For more information on help and services:

www.beyondblue.org.au or call 1300 22 4636

www.headspace.com.au Youth Mental Health Services from ages 12-25

www.lifeline.org.au or call 13 11 14 for crisis support and suicide prevention

NSW Mental Health Line on 1800 011 511 for 24hr access to Mental Health Care

Check out the GPA's 'We Wear More' campaign at www.wewearmore.ie and read about fellow Gaels' personal battles with their own mental health.