



# Feeling worried or overwhelmed?

Flying Doctor Wellbeing can help  
when times are tough.

Mental health and wellbeing services  
are now available in your community.

Flying Doctor Wellbeing provides **FREE** and confidential  
mental health appointments with no need for a GP referral.

Call **(03) 8412 0480** or email  
[wellbeing@rfdsvic.com.au](mailto:wellbeing@rfdsvic.com.au) to find out  
about the service or make an appointment.

# How are you going? >

	Well			Unwell
How are you feeling?	Self-aware and calm	Irritable or impatient	Angry	Aggressive, out of control
What's your stress level?	Coping well	Worried, nervous	Very nervous, panicky	Highly anxious panic attacks
What's your outlook?	Positive outlook	Overwhelmed	Feeling hopeless	Depressed or suicidal thoughts
How are you working?	Working productively	Putting things off, forgetting	Poor performance	Unable to perform duties
How are you sleeping?	Sleeping normally	Trouble sleeping	Restless disturbed sleep	Sleeping too much or too little
What's your energy level?	Energetic	Low energy levels	Tired	Physical symptoms of illness
What's your activity level?	Keeping active	Decreasing activities	Little enjoyment from activities	Avoiding activities
How social are you?	Feeling connected	Withdrawing from social activity	Irritated and frustrated with others	Isolated from others

# What can you do? >

Developed by:



Centre for Rural & Remote Mental Health

Adapted from "How are you going" poster, original development and design by the Centre for Rural and Remote Mental Health, University of Newcastle; with permission.

Keep it up!	Ask for support, try not to judge yourself	Don't put it off, act now	You must get help
	Talk to friends and family	Contact your local health service or GP	Contact your local 24hr mental health triage service
 Interpreter	Contact Flying Doctor Wellbeing T (03) 8412 0480 E wellbeing@rfdsvic.com.au		Contact Lifeline 13 11 14