

Ways to help

Some young people find that doing things helps to keep their mind busy. These are called distractions.

Some examples are:

- Walking
- Sports
- Drawing or art
- Poetry or reading
- Listening to music

Can you list any examples of things you could do to distract yourself?

"To stay strong, we need to keep yarning about our mental health to those around us - our friends and family. And remember, just one small step can make a difference."

Where to go for help

If you notice these changes in yourself or a friend, there are lots of ways to get help, these are:

- Talk to someone you trust in your community, like an Elder or a health worker
- Talk to your friends or family
- Go to your local health centre
- Talk to your school counsellor
- Talk to your youth worker

Who else can help?

For support regarding alcohol, drug and mental health issues, please contact:

Kids Help Line
1800 55 1800 free call

Alcohol and Drug
Information Service (ADIS)
1800 177 833 free call within QLD

To order more copies of this pamphlet, please contact ADIS



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WHEN
BAD
THINGS
HAPPEN



TRAUMA

What is trauma?

Trauma is when bad stuff happens to you or you see bad stuff happening to someone else.

You may feel really scared and think your life is in danger.

It may be things like a car accident, physical or sexual abuse or lots of fighting and violence.

It may just be one really bad thing that happened or it could be lots of things that happened over a long time.

"When I think about stuff from the past, you realise that you haven't moved on. You feel dumb and feel that there is no point going on cause you're stuck."

What to look for?

These are some signs that you may not be coping well with what happened:

- Have lots of bad thoughts or nightmares about what happened
- Can't sleep
- Use lots of grog, yarndi or other drugs to help "forget"
- Get really stressed out and agro at other people
- Can't think straight
- Feel guilty
- Feel numb - find it difficult to get happy or excited
- Feel sad or angry all the time
- Have thoughts of self harm or suicide
- Feel shame



How to feel better?

There are ways to feel better. Things you can do are:

- Talk to a friend, your mum or dad, or an Auntie
- Go for a walk, relax
- Eat some good tucker
- Get plenty of sleep
- Talk to your Elders
- Do things that you like - play footy, ride your bike, go swimming, hunting, fishing
- Watch a DVD
- Listen to music
- Think about good things, remember your family and friends
- Get back to your country and your culture if you can