

## Ways to help

If you know someone who's a bit silly in the head or a bit womba; these are some things you can do to help them stay strong:

- Stay calm
- Keep strong family around
- Keep a close eye on them, keep them company and help to look after them
- Get them not to use grog or yarndi or any other drugs

If a person is sick in the head you should get them help. It is like a physical illness, like diabetes, it needs to be treated. They might need to go to hospital.

Family can get help from Elders, the clinic, Mental Health Mob or the hospital.

"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

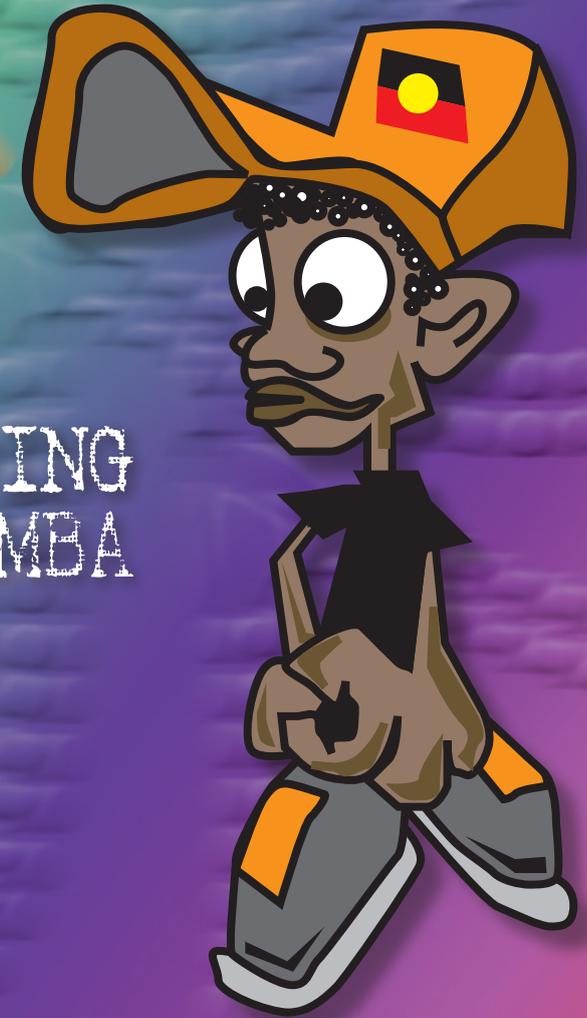
To order more copies of this pamphlet, please contact ADIS



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GOING  
WOMBA



PSYCHOSIS

## What is psychosis?

People who are hearing voices, and who have jumbled up thoughts may have an illness called psychosis.

When people have a psychosis they may:

- Hear voices or see things that other people don't
- Talk to people that aren't there
- Think they have special powers
- Get really stressed out and paranoid about everything
- Have mixed up thoughts
- Act strange
- Don't eat well
- Trouble sleeping
- Feel afraid for no reason
- Talking confused
- Do silly things, like setting fires
- Think of dying



## What to look for?

People feel like this for lots of reasons. You can see early warning signs before they get too sick.

- Going off their tucker and sleep
  - Changes in mood
  - Restlessness
  - Jumbled thoughts
- Beginning to get afraid

## What causes psychosis?

- Family history, someone else in their family may also have it
- Stressing out
- Too many worries
- Loss and grief
- Problems with breaking law
- Sometimes too much grog or other drugs
- Poor physical health

## What can help if you have psychosis?

Hearing voices can be difficult to cope with because they are out of your control.

- Ignore them, don't pay any attention
- Family support
- Talk to Elders
- Go see the Clinic Mob or Mental Health Mob
- Going to country
- Get plenty of sleep
- Think about good things - remember your family and friends
- Stop using grog, yarndi and any other drugs
- Sometimes you might need to go to hospital for a short time

"I'm feeling no good, hearing voices, my mind's playing tricks on me, it's hard to keep calm."