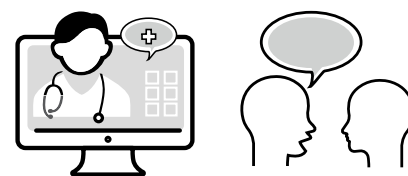


Mental health and wellbeing



Being referred to the Princess Alexandra Hospital (PAH) for a transplant can be a time of mixed emotions. You can feel overwhelmed, worried or unsure. It is important to look after your mental health and wellbeing.

What is mental health

Mental health is about how we think, feel, and cope with everyday life. It affects how we handle stress, relate to other people, and make choices. Good mental health helps a person feel balanced, manage challenges and enjoy life.

The treating team do not always know your personal situation or how you feel. They may not know what your family is going through. Please reach out and talk to them. Mental wellbeing can change for many reasons. Feelings about organ donation, transplant, trauma or grief can affect you. Family, relationships, money, housing, illness and treatment can also affect how you feel.

- There are many ways to get help. You can get support at the hospital, in the community or online.
- Counselling and support services are available.
- Being open to support can make a difference.
- About 1 in 5 Australians have a mental health problem.
- Anxiety and depression are common.
- Talking to a health professional can help.
- Your daily habits also matter, like sleep, food and activity.
- Find what works best for you.

Mental health supports

Mental Health Access Line

Phone: 1300 MH CALL (1300 64 22 55)

Medicare Mental Health

Free, confidential support, including phone advice, walk in centres, no referral needed.

Phone: 1800 595 212

medicarementalhealth.gov.au

Beyond Blue

Phone: 1300 224 636

beyondblue.org.au/get-support

White Cloud

Phone: (07) 3155 3456

[whitecloudfoundation.org/
our-services/telementalhealth](http://whitecloudfoundation.org/our-services/telementalhealth)

Lifeline

Phone: 13 11 14

lifeline.org.au

Kids Helpline

Phone: 1800 55 1800

kidshelpline.com.au



Mindfulness

thiswayup.org.au/programs/mindfulness-program

Headspace

headspace.org.au

Queensland Government

qld.gov.au/health/mental-health/help-lines/counselling

Meditation

smilingmind.com.au

Purposeful activity

medicarementalhealth.gov.au/living-well/purposeful-activity

Volunteering

volunteeringqld.org.au

About mental health

health.gov.au/health-topics/mental-health-and-suicide-prevention/about-mental-health

Aboriginal and Torres Strait Islander Community

qld.gov.au/firstnations/health-staying-active/health-medical-services

GP referral

General practitioners (GP) can refer patients or family members to a psychologist, accredited mental health social worker, occupational therapist or psychiatrist for a mental health care plan through the Better Access Medicare funded Program:

Better Access patients fact sheet

health.gov.au/resources/publications/better-access-fact-sheet-patients

Better Access to Mental Health Care: Medicare funded services

psychology.org.au/psychology/medicare-rebates-psychological-services/medicare-faqs-for-the-public

Accredited Mental Health Social Workers

aasw.asn.au/find-a-social-worker

My Amazing Body Podcast

health.qld.gov.au/news-events/podcast/my-amazing-body-anxiety

Your Metal Wellbeing

mentalwellbeing.initiatives.qld.gov.au

Queensland Metal Health Commission

qmhc.qld.gov.au/find-support-services
healthdirect.gov.au/mental-health-and-wellbeing

Health direct | LGBTIQ+ Mental Health

healthdirect.gov.au/lgbtiq-mental-health
qld.gov.au/youth/support-services/support-lgbti-young-people

Queensland Liver Transplant Service

qld.gov.au/health/services/specialists/queensland-liver-transplant-service

Queensland Kidney Transplant Service

qld.gov.au/health/services/specialists/kidney-transplant

