

# A SOUND BODY HAS A SOUND MIND!

## DID YOU KNOW?

The rate of **MENTAL ILLNESS** in **MAJOR CITIES** and **REMOTE AREAS** is the **SAME**.

However, the number of **PSYCHOLOGISTS** available in **REMOTE AREAS** is **66% LESS** than the number available in **MAJOR CITIES**.

Source: apo.org.au

## DEPRESSION

Frustration  
Sadness  
Irritability  
Suicidal thoughts  
Sleep disturbance  
Loss of appetite

## ANXIETY

Trembling  
Nervousness  
Sense of impending danger  
High heart rate  
Sweating

Restlessness  
Agitation  
Headaches

Source: anxiety.org

## HOW TO COPE?



Go for a **WALK**



Sleep for **8 HOURS**



Get **CREATIVE**



**REACH OUT TO LOCAL SERVICES!**