

FACTSHEET

RECOGNISING LOW-WELLBEING OR A MENTAL HEALTH ISSUE



Sometimes, it can be challenging to determine whether someone is experiencing a mental health issue or low-wellbeing.

The purpose of this **Recognising Low-Wellbeing or a Mental Health Issue Factsheet** is to equip you with the knowledge to understand and identify potential mental health and wellbeing issues in yourself or others around you.

Remember, this is not a replacement for professional advice, nor encouragement to provide diagnoses. This is a tool to increase awareness and prompt early intervention through a conversation or providing direction to professional support.

RECOGNISING LOW-WELLBEING OR A MENTAL HEALTH ISSUE

How it might be described

FEELINGS

- Hopeless or helpless.
- Emptiness.
- Irritability.
- Anxiety or fear.
- Alone.
- Worry.
- Guilt.
- Stress.

THOUGHTS

- Confused thinking.
- Lack of clear thinking.
- Distorted thinking.
- Worrying about things.
- Repetitively thinking about the same negative thing.

BEHAVIOURS

- Irrational.
- Decreased coping ability.
- Lowered motivation.
- Difficulty concentrating.
- Withdrawn.
- Easily agitated.
- Significant mood swings.

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How it might be seen

FEELINGS

- Sustained or unusual changes in moods or behaviours.
- The person confides in you that they are feeling this way.
- Facial expression, body language and tone give the impression that something is off.
- Missing training, games or events without an explanation.
- Lack of joy or interest in celebrating training, competitive or personal wins.
- Losing their temper in response to an official, coach or others decision in an out of character manner.

THOUGHTS

- Talking about the same issue repetitively with obvious concern.
- Becoming easily confused or distracted more than normal at training, games or events.
- Thinking or statements reflecting that life is not worth living or an expressed intention to harm oneself or others.
- Unable to complete tasks or work through obstacles that would normally be within the capability of the person.
- Not paying attention or listening to things that would normally interest them.

BEHAVIOURS

- Not engaging in usual activities.
- Not wanting to participate in usual sporting commitments.
- Changes in drug use.
- Reckless behaviour.
- Anger or aggression.
- Poorer functioning at home, work, school or sport.
- Changes in usual eating and drinking habits.
- Weight loss or gain.
- Sleep disturbances.
- Self-harm.
- Noticing that someone who usually copes well with life's everyday challenges starting to display signs of not coping so well.
- Uncharacteristic changes in communication, appearance and interactions with others.

HELPFUL HINT

- If you recognise low-wellbeing or a mental health issue in yourself or someone else – reach out to your GP, a mental health professional, or visit the [True Sport – Community Links](#) webpage to see what help is available!
- See the [How to Have a Supportive Conversation Tipsheet](#) for guidance on how to approach and support someone if you are worried about their wellbeing.
- Your job is to be supportive and help direct mental health and wellbeing issues to professional services and/or support resources – not fix the issue.

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In an Emergency Dial 000
For support call Lifeline 13 11 14
or visit [True Sport – Community Links](#) for more services.

