

# Project Sihat



## Depression and anxiety can affect everything in your life.

Many people experience stress because of practical issues like problems with their visa, problems accessing healthcare and other services, or financial troubles.

Do you experience any of the below?

- Thinking too much
- Feeling very sad, anxious, irritable or angry
- Crying or worrying a lot
- Feeling very restless, like you can't keep still
- Losing interest or motivation in things you normally like to do
- Feeling very fearful, trapped or caught
- Feeling very worthless
- Having a lot of pain in your body
- Changes in sleep pattern – sleeping more or less than normal
- Changes in appetite – eating more or less than normal
- Problems with your concentration and memory
- Feeling like you can't stop gambling, drinking, gaming or using drugs
- Feeling like you are not coping or like you can't do daily tasks
- Being angry with your family or being unable to care for them

If you experience any of these things, getting some support from a caseworker, counsellor or doctor might help you.

**These supports are free for everyone, including people with a temporary visa, bridging visa or no visa.**



**Cabrini**  
OUTREACH

**Uniting**

## What about my privacy?

If you go to a caseworker, counsellor or doctor, nobody will know. It will be kept confidential. Even your family don't need to know you are getting help, unless you want to tell them.

During your appointment, an interpreter can be available. This person can be local or over the phone – it is your choice.

The government and immigration won't know about the help you are getting, unless you want them to know.

## What will happen if I ask for help?

In Australia, all of these feelings and symptoms are defined as 'mental health'. 'Mental health' doesn't mean you are 'crazy' or that you have a big problem. It is related to your feelings and mood. It can be just a small problem, but it is still good to get help.

A caseworker or counsellor can give you ideas and strategies that can help you cope better. Just talking to another person can make your heart feel lighter. A doctor can also give you medicine that might help.

### Some ideas and strategies might include:

- Connecting you with practical help for your problems – like finding lawyers, medical support, accommodation, food share and emergency relief
- Help with cultural and family issues in Australia
- Connecting you with community groups, events and other activities
- Different ways of thinking that could help solve your problems
- Learning ways to reduce your stress and worry so you can stay strong
- Moral support and emotional support to help you feel like you are not alone



### How do I get help?

If you are in Shepparton, call

**PROJECT SIHAT**

**0417 435 762 or (03) 5831 6157**

**9 am-5 pm, Monday-Friday**

If you are in Melbourne, Swan Hill, Robinvale or Mildura call

**Cabrini Asylum Seeker Health Services  
(03) 8388 7874**

**9 am-5 pm, Monday-Friday**

If you have an emergency, please go to hospital or call 000.

Cabrini Outreach would like to thank the Victorian Government for its action to support the mental health care needs of vulnerable members of our community.

