# Resources and further information to accompany episode 3: Mental Health

In this episode, Tess and Polly explore some of the common symptoms of mental distress, how vision loss and mental health can be connected and the importance of seeking support to improve our mental health.

You can catch up or listen again to the [podcast here](https://varadio.podbean.com/e/nothings-off-limits-mental-health-ep3/).

If you want to follow up on any of the resources mentioned in the podcast or learn more, we’ve pulled together the following to help you find out more.

**If you need someone to talk to you can contact Lifeline 24/7 on 13 11 14 or online at** [**www.lifeline.org.au**](http://www.lifeline.org.au) **. The Suicide Call-back service is 1300 659 467 or online at** [**www.suicidecallbackservice.org.au**](http://www.suicidecallbackservice.org.au)**. Or Beyond Blue on 1300 224636 or online at** [**www.beyondblue.org.au**](http://www.beyondblue.org.au)

## Resources mentioned in the podcast

Our guest Vicky mentioned mindful breathing. You can find out more here: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Vicky has also created a fantastic video on self-care for parents and families: <https://www.youtube.com/watch?v=jpFI4gx5jyk>

You can find out more about the Mental Health Treatment Plan here: <https://www.healthdirect.gov.au/mental-health-treatment-plan>

## Other resources

### Videos/Webinars and Podcasts

Vision Australia’s Check in and chat session on Managing Anxiety in Times of Uncertainty: <https://www.youtube.com/watch?v=fJ-JuSEnkdg&t=63s>

Don’t Eat the Whole Elephant – Vision Australia Radio: <https://radio.visionaustralia.org/podcasts/wellbeingpodcastseries>

Not Alone – A Beyond Blue Podcast: <https://www.beyondblue.org.au/get-support/not-alone>

### Apps and Websites

Lifeline: www.lifeline.org.au

The Suicide Call-back service: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

Beyond Blue: [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Further Reading

Treating Depression in People with a Vision Impairment: <https://www.psychology.org.au/for-members/publications/inpsych/2018/feb/Treating-depression-in-people-with-vision-impairm>

Mental Health – Victorian Department of Health and Human Services: <https://www.dhhs.vic.gov.au/mental-health>

What is Mental Health – Beyond Blue: <https://www.beyondblue.org.au/the-facts/what-is-mental-health>

People with Disability in Australia, Health Status – Australian Institute of Health and Welfare Report: <https://www.aihw.gov.au/reports/disability/people-with-disability-in-australia/contents/health/health-status>

To explore more of the podcasts in the Nothing’s Off Limits series please visit [www.visionaustralia.org/nolimits](http://www.visionaustralia.org/nolimits)

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