

# AGSC Mental Health Quick Reference Guide

## Peaks and Troughs

- It's normal to have good and bad moments.
- Have a plan for the bad moments.
- If you feel you are in a rough patch right now, speak to someone about it immediately.

## You're not Alone

- Everyone in this industry has these feelings.
- Recognise that you're in a high-risk profession.

## Look out for Depression and Anxiety

- Know the warning signs of depression and anxiety so you can treat it quickly.
- Physical: Panic attacks, hot and cold flushes, racing heart, tightening of the chest, quick breathing, restlessness, or feeling tense, wound up and edgy.
- Psychological: Excessive fear, worry, catastrophizing, or obsessive thinking.
- Behavioural: Avoidance of situations that make you feel anxious which can impact on study, work or your social life.
- Measure here:  
<https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>

## Speak to other Composers

- Attend get-togethers, award nights, even board meetings.
- Pick up the phone and call a fellow composer or contact the AGSC.
- The AGSC is your community.

## Look after yourself and others

- Get some sunshine, fresh air, healthy food, sleep and some exercise.
- Look out for your friends and colleagues - they're in the same situation.

## Gender

- There is gender inequality in our industry which presents itself in many forms.
- If your mental health issue is a gender related issue, please seek further counsel from a friend or health care professional. For more information, also see the Screen Australia Code of Conduct or visit [www.humanrights.gov.au](http://www.humanrights.gov.au)

## Utilise Medicare

- You can see a Psychologist 10 times in a calendar year when you're on a 'Mental Health Treatment Plan'.
- The cost is covered mostly by Medicare - ask your GP.
- If you want to use this service, see your GP / health care professional.

### Know the Difference between Anxiety and Stress

The good kind of stress drives you to get things done, and the bad kind has you feeling overwhelmed. Prioritise a healthy lifestyle: Challenge unhelpful thoughts, Ease up on yourself and practice Mindfulness.

*This document is just a guide - see your GP for further help.*

**Support Act Helpline:** 1800 959 500  
**Suicide Callback Service:** 1300 659 467

**Lifeline:** 13 11 14  
**Beyond Blue:** 1300 224 636