

Mental health social workers can also provide focused psychological self-help strategies.

**Occupational therapists in mental health** help people who, because of a mental health condition, have difficulty participating in normal, everyday activities. Mental health occupational therapists also provide focused psychological self-help strategies.

**Aboriginal and Torres Strait Islander mental health workers** understand the mental health issues of Indigenous people and what is needed to provide culturally safe and accessible services. Some may have undertaken training in mental health and psychological therapies. Support provided by Aboriginal and Torres Strait Islander mental health workers might include, but is not limited to, case management, screening, assessment, referrals, transport to and attendance at specialist appointments, education, improving access to mainstream services, advocacy, counselling, support for family and acute distress response.

The cost of treatment from a mental health professional varies. However, in the same way that people can get a Medicare rebate when they see a doctor, they can also get part or all of the consultation fee subsidised when they see a mental health professional for treatment of anxiety or depression. For more information see *beyondblue's Getting help – How much does it cost?* fact sheet at [www.beyondblue.org.au/resources](http://www.beyondblue.org.au/resources)

To find a mental health practitioner in your area, visit [www.beyondblue.org.au/find-a-professional](http://www.beyondblue.org.au/find-a-professional) or call the *beyondblue* support service on 1300 22 4636.

## Helpful strategies and tips

Having a chronic condition like Parkinson's disease can lead to frustration and anger, a sense that the world is unfair ("Why me?") or that you are particularly unlucky. There are a number of ways to gain information, advice and support and it's a good idea to learn everything you can about Parkinson's disease. Visit [www.parkinsons.org.au](http://www.parkinsons.org.au) or phone Parkinson's Australia on 1800 644 189.

Remember, having Parkinson's disease does not necessarily mean

that you will have anxiety and/or depression, but it does increase your chance of developing a mental health condition. It is important to learn and recognise the symptoms of anxiety and depression, and to seek help if you think you may be experiencing any of them.

Make sure you speak to your doctor about your concerns and discuss treatment options. Correct diagnosis and treatment are essential for maintaining your quality of life. Anxiety and depression are treatable and you can recover with the right help.

It's a good idea to take a family member or friend with you when you go to the doctor. Not only can they help remember what was discussed, ask questions and give support, but they will also gain a better understanding of your condition and its treatments.

If you have Parkinson's disease and you, your family or friends suspect you may also be experiencing anxiety and/or depression, the following tips may also be helpful.

- Accept help and support from family and friends.
- Plan your days and aim to include tasks that give you a sense of achievement and pleasure.
- Follow tips on sleeping well at night, especially if you are having sleep problems.
- Remain active and continue hobbies, exercise and leisure interests.
- Try some relaxation techniques like slow breathing and muscle relaxation exercises.
- Eat healthily and include a wide variety of nutritious foods and limit alcohol intake.

It's important to be kind to yourself, eat well, get regular exercise, try to get enough sleep and avoid alcohol.

Make time for activities that you enjoy and allow yourself time to relax. You can find helpful tips for recovery and staying well at [www.beyondblue.org.au/staying-well](http://www.beyondblue.org.au/staying-well)

