

Article: Mental Health

Content notes:

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AUDIENCE	Australians looking to improve or maintain their mental well-being.
COMMUNICATION OPPORTUNITIES	White label content: Encourage regular self-check-ins and normalise conversations about mental health.
MESSAGE	Checking in with yourself is a simple but powerful way to support your mental health.
INSIGHTS	Mental health issues are widespread, and cost-of-living pressures are a growing barrier to support.
ASSOCIATED ASSET/S	TAL Health Connector
CTA	<ul style="list-style-type: none">Connect with support through TAL's Health Connector TAL's Health Connector or Headlight, or join a free community fitness class. <div>IMPORTANT: If you'd like to feature Headlight for your members during Mental Health Month, please ensure that you use your existing unique URL. If you don't have one currently, please contact your TAL Partnership Manager to obtain a unique URL. We'll only be able to provide member access reporting where a unique URL is used.</div>

Mental health check-in. How are you feeling today?

Mental health plays a key role in how we feel and function, but it's easy to push it aside when life gets busy. That's why it's worth pausing for a moment to check in with yourself. A quick self-assessment can help you understand where you're at emotionally and what you might need to feel better.

Rate your wellbeing

Start by asking yourself this: On a scale of 1 to 10, how would you rate your mental wellbeing today? A score of 1 means you're really struggling, while a 10 means you're feeling great. Don't overthink it, just go with your gut.

This number isn't about getting it *right*. It's just a useful snapshot that can help you track how you're doing over time.

Reflect on your score

Now that you've given yourself a score, take a moment to think about what it means. Ask yourself:

- What am I doing well right now?** Maybe you've been exercising regularly, catching up with friends or sleeping better. Recognise what's helping (these are the things to keep doing).
- What could I change in the next two weeks to lift my score by just one point?** Small shifts often make the biggest difference. You might try limiting your screen time at night, getting outside more, or setting aside a few minutes each day to reflect or journal.
- If I improved my score by one point, what would the people around me notice?** Would you be more patient, more focused, more present? Even a small improvement can have a positive ripple effect on your relationships and day-to-day life.

Mental health challenges are common—and real

You're not alone if your score wasn't as high as you'd like. In fact, around 2 in 5 Australians aged 16–85 have experienced a mental health disorder at some time in their life.¹

Money stress is taking a toll, too. A recent study found that the rising cost of living is hurting the mental health of more than half of all Australians, while one in five say it's actually stopped them from getting mental health support.²

Make use of what's out there

If your score feels low or you're finding things hard, you don't have to figure it all out alone. There are resources out there designed to help.

Start with something simple like checking in with yourself regularly and setting realistic goals. Talk to someone you trust, and if you need more support, reach out to your GP, a mental health professional or a free service like [Lifeline](#) or [Beyond Blue](#).

[TAL's Health Connector](#) can point you to free or low-cost government and community services that could make a real difference. The help is there; you just have to take the first step.

Remember, taking care of your mental health isn't a luxury—it's a necessity. And checking in like this is one of the easiest ways to stay connected to yourself, spot when something's off, and take action.

You can also explore [Headlight](#) — a free, confidential mental health screening survey developed by TAL in collaboration with the University of Sydney Brain & Mind Centre.

Headlight helps you identify mental health blind spots and provides access to tailored, evidence-based resources and recommendations, based on your wellbeing score, to encourage positive action.

DISCLAIMER [please add to your post]

(Include disclaimer)

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¹ Australian Bureau of Statistics, *National study of mental health and wellbeing*, 2022–2022.

² Mental Health Australia, *Report to the nation*, 2023.