

Mental Health Fact Sheets

Facts and resources about alcohol and drugs

The Australian Drug Foundation is a service providing help and support with drug and alcohol issues: call 1300 85 85 84 for further information, or refer this website: druginfo.adf.org.au/drug-facts/drug-information

For information on drugs by their 'street name', simply TEXT the name to 0439 835 563, and you will receive a text response from The Australia Drug Foundation with a description of what the drug is.

For information on services by SANE: sane.org/information/factsheets-podcasts

Factsheets

SANE Factsheets provide authoritative, up-to-date, and easy-to-read explanations of a range of mental health problems and related issues. Print-ready PDF versions are just a click away, and the most popular Factsheets are also available in 10 translations.

Podcasts

SANE Podcasts complement the Factsheets, providing comprehensive interviews on a growing range of topics to hear on your computer, iPod or other MP3 player. See individual Factsheet pages to hear or download them all.

By Diagnosis

- [Anxiety Disorder](#)
- [Bipolar Disorder](#)
- [Borderline Personality Disorder](#)
- [Depression](#)
- [Eating Disorders](#)
- [Obsessive Compulsive Disorder](#)
- [Post-Traumatic Stress Disorder](#)
- [Psychosis](#)
- [Schizophrenia](#)
- [Something is not quite right](#)
- [Something is not quite right: Checklist](#)
- [When sadness won't go away](#)
- [When sadness won't go away: Checklist](#)

Translations

- [Bipolar Disorder](#)
- [Families](#)
- [Psychosis](#)
- [Schizophrenia](#)
- [Something is not quite right](#)
- [When sadness won't go away](#)
- [SANE Steps - How to help when someone is suicidal](#)
- [Thinking of suicide - Finding help if you're feeling suicidal](#)
- [Has someone close to you died by suicide?](#)
- [Is someone close to you bereaved by suicide?](#)

Mind + Body

- [Healthy Living](#)
- [Mind + Body: Looking after your physical health when you have a mental illness](#)
- [Mental illness and physical health: the facts](#)
- [Smoking and mental illness](#)
- [Staying mentally healthy when you have a spinal cord injury](#)
- [Type 2 Diabetes and mental illness](#)

Related Factsheets

- [Antidepressant Medication](#)
- [Antipsychotic Medication](#)
- [Cannabis and psychotic illness](#)
- [Complementary therapies](#)
- [Dealing with a traumatic event](#)
- [Drugs and mental illness](#)
- [ECT - Electroconvulsive Therapy](#)
- [Facts + figures](#)
- [Families + friends](#)
- [Getting back to work](#)
- [Getting better](#)
- [Mental illness: Dispelling the myths](#)
- [Mental illness and violence](#)
- [Psychological treatments](#)
- [Treatments for mental illness](#)

Suicide Prevention + Bereavement

- [Self-harm](#)
- [Suicidal behaviour](#)
- [SANE Steps - How to help when someone is suicidal](#)
- [Thinking of suicide - Finding help if you're feeling suicidal](#)
- [Has someone close to you with a mental illness gone missing?](#)
- [Has someone close to you died by suicide?](#)
- [Is someone close to you bereaved by suicide?](#)
- [Mental Illness and Bereavement - Australia-wide information and referrals](#)