Looking after your mental health during coronavirus (COVID-19) pandemic

Feelings of anxiety and concern are normal responses to an unprecedented event such as the coronavirus (COVID-19) pandemic. Remember that you are not alone.

To look after your mental wellbeing during this time, here's some things you can do:

- Keep good routines, including a healthy diet, exercise and sleep.
- Stay connected with your loved ones. Talk to them about your worries and concerns on the phone or through online technology.
- Be prepared by making sure you have enough food, supplies and medication on hand. Ask for help getting these items where possible.
- Avoid or reduce your use of alcohol and tobacco.
- If you feel stressed by news updates, limit your access to once or twice a day. Use trusted and credible sources, rather than social media. If you can't access the internet, get a friend or family member to read to you or show you the most up-to-date trusted information.
- For those already managing mental health issues, continue to take any prescribed medication and continue with your treatment plan. Seek professional support early if you're having difficulties.

Staying positive

While it is a time of uncertainty and our lives have changed in a short period of time, it's important to remember that we can do many things to feel better. Remember that these changes and your effort is helping to slow the spread of coronavirus (COVID-19).

Resources

If you need help from an interpreter for any of the phone numbers below, call **TIS National** on **131 450** and ask to be connected.

Mental Health in Multicultural Australia provides resources, services and information in many languages: **www.mhima.org.au/**

Beyond Blue offers practical advice and resources at **beyondblue.org.au.** The Beyond Blue Support Service offers short term counselling and referrals by phone and webchat on **1300 22 4636.**

Lifeline offers resources and advice, as well as crisis support and suicide prevention. You can phone **13 11 14** (24 hours/7 days), text **0477 13 11 14** (6pm – midnight AEDT, 7 nights) or chat online: **www.lifeline.org.au/crisis-chat** (7pm - midnight, 7 nights).

The **Department of Health and Human Services** (DHHS) offers practical advice and updated health information for all Victorians on coronavirus (COVID-19) including some translated information: **www.coronavirus.vic.gov.au/translations**

You can also call the **Coronavirus hotline** on **1800 675 398** (24 hours a day, 7 days a week).

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