

# MENTAL HEALTH

## AND STAYING POSITIVE

If you feel as though you or someone you know may be experiencing feelings of anxiety, distress or concern it is important to seek support.

Support comes in many forms. Here are a list of a few starting points you can try, even if you're feeling happy and healthy.

IF YOU'RE FEELING OVERWHELMED BY THE AMOUNT OF INFORMATION THAT YOU'VE READ, SEEN OR HEARD ABOUT CORONAVIRUS (COVID-19), IT'S IMPORTANT TO SEEK SUPPORT.



### SELF GUIDED APPS:

*Great for relaxation, mindfulness & health*

- Calm
- Headspace
- Insight Timer
- Buddhify
- Smiling Mind
- Pacifica
- Sleep Cycle
- Sleep Better
- Lumosity- Brain Training
- Surfing on a Cloud (meditation for children)
- SAM: Self Help for Anxiety Management

### ACCESS QUALITY INFORMATION:

*Get factual information from reputable sources and avoid unnecessary panic.*

- **Australian Government** coronavirus (COVID-19) health alert
- **Health Direct** – Coronavirus (COVID-19)
- **smartraveller.gov.au** – travel information for Australian citizens
- **World Health Organization** – coronavirus disease (COVID-19) outbreak

### SUPPORT GROUPS AND ORGANISATIONS:

*For a little extra support*

- **Beyond Blue**  
1300 22 4636
- **Sane Australia**  
sane.org/  
1800 18 7263
- **Lifeline**  
lifeline.org.au/  
13 11 14
- **GriefLine**  
griefline.org.au/  
1300 845 745
- **Mens Line Australia**  
mensline.org.au  
1300 78 99 78
- Your **local GP** or health professional