

# HELP WHEN YOU NEED IT – SUPPORTING YOUR MENTAL HEALTH

The impacts of the coronavirus (COVID-19) outbreak, isolation and restrictions can make us feel anxious, stressed or overwhelmed. More than ever, it's important to take care of your mental health. There are a number of ways you can get help.

## Free 24/7 Coronavirus Mental Wellbeing Support Service

You can reach out to the Coronavirus Mental Wellbeing Support Service on **1800 512 348** or at <https://coronavirus.beyondblue.org.au/>

This service is specifically designed to help people get through the COVID-19 pandemic and is also available in languages other than English.

## Additional mental health services under Medicare

The Australian Government is providing **10 additional Medicare-subsidised psychological** therapy sessions for Australians affected by the COVID-19 pandemic restrictions. Speak to your GP about accessing these services. Telehealth has been made available, so you can have an appointment from home via telephone or video.

These are available to anyone subject to public health orders that restrict their movement within the state or territory. They are also available to people who are required to isolate or quarantine under public health orders.

## Digital and Telephone Support

The Government's digital mental health gateway, [Head to Health](#) provides access to free, low-cost phone, and online mental health services and supports. It is a good place to start if you or someone you know needs some help coping.

## Help for our Healthcare workers

The Black Dog Institute is providing targeted support for our frontline health workers, including aged care workers. This is available **online** or via the google or app store.

Smiling Mind also provide free access to their premium app for healthcare workers.

## Urgent mental health help

If you or anyone you know is in distress you can seek immediate advice and support through Lifeline (13 11 14) and Kids Helpline (1800 55 1800). The Suicide Call Back Service is also available (1300 659 467).

