

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.



Online and Telephone Support

Coronavirus has brought with it many challenges. For information, advice, and a wide range of free and low-cost, phone and online mental health support services visit [Head to Health](#). If you would like to connect to any of the services listed on Head to Health and you don't speak English, you can call the Translating and Interpreting Service on 131 450.

You will be connected to an interpreter in your language. They will ask for the name and phone number of the organisation you need to contact. Stay on the line while the operator connects you and the interpreter through to the organisation. The Translating and Interpreting Service is available 24 hours a day, 7 days a week for the cost of a local call.

Help for our Healthcare workers

The Black Dog Institute is providing targeted support for our frontline health workers, including aged care workers. The Essential Network (TEN) 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).