

COVID-19 Mental Health support

The major changes COVID-19 is having on so many areas of people's lives and the uncertainty that surrounds many aspects of the pandemic, can be upsetting and unsettling.

This document provides a summary of some of the resources available to support individual Australians and their families whose emotional and/or mental health is being impacted by the current situation.

Phone and web based information and support

The Australian Government has created a portal specifically for this purpose, which includes a range of resources and advice to help with mental health and wellbeing during the COVID-19 situation. This can be accessed at the [Head to Health website](#)

Both the Australian and some state and territory governments have also increased funding for organisations such as [beyondblue](#) and [Lifeline](#) to enable them to expand the supports they provide alongside a range of other organisations that also provide support, some to specific groups within our population (such as [Headspace](#), which provides child and youth mental health support).

There are also online mental health services available through Australian Government funded organisations such as [mindspot](#) and [thiswayup](#), which provide a range of resources, advice, tips and access to mental health assessment.

These organisations are highly experienced in working with people who may be struggling, and through them all Australians can access a range of written, phone and web based support and advice.

For individuals who are seeking help, a good starting place may be the Beyondblue Coronavirus Mental Wellbeing Support Service, which can be accessed via phone (1800 512 348) or via the [Beyondblue website](#). The support service offers short term counselling and referrals by phone and webchat, and trained counsellors are available to talk to you 24 hours a day, 7 days a week. All sessions are one-on-one and confidential, and you can opt to remain anonymous.

Beyondblue has various options for support including the telephone support service, online community forum and written resources for self-care, talking to kids about the coronavirus, strategies and other expert advice.

Other helpful links to resources

[headspace](#) has developed tips for young people coping with stress related to COVID-19.

[Head to Health](#) has a dedicated landing page for mental health information to help you and your loved ones cope with feelings resulting from the coronavirus outbreak.

[#InThisTogether](#) The National Mental Health Commission has worked together with leading mental health organisations, experts and spokespeople to develop a national online conversation sharing practical tips to support the mental health and wellbeing of Australians during #COVID19.

[Life In Mind](#) and the National Mental Health Commission have developed a landing page consolidating resources available in to one spot. This will be updated regularly.

[Phoenix Australia](#) has tips for taking care of yourself and your family.

[RUOK?](#) has shared a message on the importance of staying connected.

[ReachOut](#) has developed resources and practical tips to help young people look after their wellbeing during the COVID-19 outbreak, as well as specific [tips for parents](#) about how to talk to their teenagers about COVID-19.

[SBS](#) has COVID-19 health and mental health information for those that speak a language other than English.

[UNICEF Australia](#) have developed resources and tips to support parents and teachers in talking to children about COVID-19.

[WHO COVID-19 Mental Health Considerations](#) provides information for the public, health workers, parents and people in isolation.

[WHO Social Stigma Guidelines for COVID-19](#) outlines safe language to use when discussing and reporting on COVID-19 to avoid social stigma.

24/7 phone advice lines

There are also a range of other phone based support lines available 24/7 if you or someone close to you need to talk:

- Kids Helpline 1800 55 1800
- Lifeline 13 11 14
- MensLine 1300 78 99 78
- Suicide Call Back Service 1300 659 467

Financial counselling

With many people's employment affected by COVID-19 containment measures, this is a period where people can feel under increased financial pressure.

For Australians experiencing financial stress, [Financial Counselling Australia](#) has a find a financial counsellor search function and resources you can download.

The [National Debt Helpline](#) is a not for profit service where you can speak to a financial counsellor for free – call 1800 007 007 for an independent and confidential service.

[MoneySmart](#) also provides information about financial assistance, superannuation, bill payments, and links to government and community assistance.