

Extra support during COVID-19



What we are experiencing in extraordinary and it's ok to feel stressed

Most of us are feeling a heightened sense of anxiety and stress during the COVID-19 pandemic. Life as we know it has changed dramatically.

It's reasonable to feel out of balance by what is happening around the world. It's reasonable to grieve the temporary loss of freedoms we have taken for granted until now. It's reasonable to feel worried about the impact this will have on your job, your finances, your family and your future.

There are a number of extra services that have been put in place to support you during this time. Please don't hesitate to reach out to these services if you are struggling.



SA COVID-19 Mental Health Support Line - 1800 632 753

This free support line will be staffed by trained Lifeline counsellors from 8am to 8pm. Call backs are available,



Beyond Blue Support Service - 1300 22 4636

The Beyond Blue Support Service offers short term counselling and referrals by phone and webchat.

In addition, Beyond Blue is building a stand alone COVID-19 support service. The service will offer free counselling by mental health professionals for all people in Australia 24/7, both online and over the phone. It will also provide free and easily accessible information and advice around coping with COVID-19, isolation and connection, workplace and financial hardship, and how best to support the mental health of loved ones. The service will be continually updated with new information, and enhanced with other tools and supports, over the coming weeks and months.

Beyond Blue has also put together helpful tips on how to look after your mental health during social isolation - this factsheet can be found on their website www.beyondblue.org.au titled *looking after your mental health during the coronavirus outbreak*.



Life in Mind - www.lifeinmindaustralia.com.au

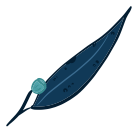
This website has a comprehensive list of links to specific support services and resources.

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Butterfly Foundation for Eating Disorders - 1800 334 673

Discussions around stock-piling food, increased hygiene measures, food shortages and lock-ins can be incredibly distressing and triggering for people experiencing disordered eating or an eating disorder. The Butterfly Foundation has set up a specific page of resources on their website - www.thebutterflyfoundation.org.au/covid-19



Centre for rural and remote mental health - www.crrmh.com.au

If you live in a regional or remote community you can find specialised support online at www.crrmh.com.au - there is a COVID-19 page with links to action plans and other resources.



Domestic and Family Violence hotline - 1800 RESPECT

Unfortunately we know that at times of increased stress, we see a rise in family violence incidents. With the security, socialisation and routine offered by attending work disrupted DFV abusers will have increased opportunities for coercive or violent behaviours. Now consider how terrifying it would be to be isolated at home with your abuser, without your usual support networks. It is crucial that people are aware of this risk, and are reassured that domestic and family violence support services will continue during COVID-19.

You can call 1800 RESPECT - 1800 737 732 - 24 hours a day, 7 days a week.



Black Dog Institute - www.blackdoginstitute.org.au/COVID-19

The Black Dog Institute offers digital toolkits, guided meditations and online clinics for people feeling anxious and stressed during COVID-19.



LGBTI Health Alliance - www.lgbtihealth.org.au

It is well evidenced in Australia that LGBTI people experience higher rates of chronic health conditions such as cancer, which means that many are at risk of serious illness if they acquire COVID-19. We also know that the LGBTI community experiences higher levels of depression and anxiety. The LGBTI Health Alliance website offers specific advice for how the LGBTI community can keep safe during the pandemic, and also provides some very practical instructions on how to maintain social contact through digital platforms like Zoom, Skype _ Facetime video.