



Seeking support

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus (COVID-19). Speaking with friends or family to let them know how you feel can help, and they might also appreciate talking to you about how they feel.

There are also many digital mental health services that you can access online or contact over the phone.

For support during this time contact:

Lifeline 13 11 14
or visit [lifeline.com.au](https://www.lifeline.com.au)

Mindspot 1800 61 44 34
or visit [mindspot.org.au](https://www.mindspot.org.au)

beyondblue 1300 224 636
or visit [beyondblue.org.au](https://www.beyondblue.org.au)

Kids Helpline 1800 55 1800
or visit [kidshelpline.com.au](https://www.kidshelpline.com.au)

