

'Be positive. Be connected. Be active'
COVID-19 publication resource order form

A4 posters

Looking after your mental health and wellbeing

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) maintaining a regular routine each day helps.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:

- STAY CONNECTED WITH FAMILY AND FRIENDS THROUGH SOCIAL MEDIA AND BY PHONE
- GET ENOUGH SLEEP
- KEEP ACTIVE & GET OUT IN THE FRESH AIR BY EXERCISING IN YOUR GARDEN OR ON YOUR BALCONY
- TALK ABOUT HOW YOU ARE FEELING WITH YOUR FRIENDS AND FAMILY REGULARLY
- REDUCE ALCOHOL INTAKE
- GET YOUR HOBBIES OUT TO KEEP BUSY

Looking after your mental health and wellbeing

QTY 10 20 50

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

beyondblue 1300 224 636
or visit beyondblue.org.au

Mindspot 1800 61 44 34
or visit mindspot.org.au

Kids Helpline 1800 55 1800
or visit kidshelpline.com.au

Seeking support

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Tips to cope with self isolation

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

Some tips to cope with self-isolation include:

- Stay positive**
Think of all the positives instead. Like that this period of self-isolation is only temporary. And knowing your actions are going a long way toward slowing the spread of this virus.
- Stay active in mind and body**
Check out YouTube and you'll find lots of simple exercises that can be done in your home. Also, put time aside to read a book or do mindfulness.
- Stay in touch**
Not just with your family and friends (on the phone or via video calling) but with what's happening in the world, too (try and use reputable sources like the Department of Health or the World Health Organization).
- Reach out for help when needed**
Make sure you reach out for help if you feel the stress or anxiety you may experience as a result of being socially isolated from friends and family is getting too much.

Tips to cope with self isolation

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Little things you can do

- Get out of bed at your usual time each day.
- Make time for study or work.
- Cook healthy meals.
- Set aside time to engage in mindfulness, meditation, relaxation, or to get on with a hobby.
- Go to bed at the same time as usual.
- Make time to connect with others each day.

If you are feeling anxious or worried, talk to a friend or family member or for more information or to try the mental health check up tool visit thinkmentalhealthwa.com.au

Little things you can do

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Signs and symptoms of mental health issues

- Noticeable change in usual behaviour.
- Feeling down for some time and not getting better.
- Problems sleeping.
- Lack of energy and motivation to do everyday things.
- Major changes in eating habits.
- Withdrawal from friends and activities.
- Increased use of alcohol or other drugs.

If you are feeling anxious or worried, talk to a friend or family member or for more information or to try the mental health check up tool visit thinkmentalhealthwa.com.au

Signs and symptoms of mental health issues

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Look out for others

- Stay in touch and try to reassure people you know who may be worried - just ringing for a chat can help.
- Check in with people who you know are living alone.
- Offer to drop off meals or collect shopping for older neighbours or family members.
- Offer to pick up medications or to change library books.
- Organise further assistance if they become unwell.

By supporting one another and those who are more vulnerable we can all get through this together.

Look out for others

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Supporting others

It is important to stay connected to others. Some little things you can do to support other and your community include:

- CONSIDER YOUR ACTIONS, THINK OF OTHERS AND BE KIND
- UTILISE LOCAL ONLINE GROUPS AND BE A POSITIVE PART OF YOUR COMMUNITY
- SHARE ACCURATE INFORMATION AND ADVICE. SUPPORT ANYONE WHO IS ANXIOUS ABOUT COVID-19
- CONNECT AND REACH OUT TO YOUR NEIGHBOURS, TRY AND CHECK IN WITH ONE ANOTHER AND STAY CONNECTED
- SUPPORT VULNERABLE OR ISOLATED PEOPLE
- DONATE TO A FOODBANK OR LOCAL SUPPORT SERVICE

Supporting others

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Things you can do to help keep yourself mentally well when you are in isolation

- Exercise** - you can still exercise when you're indoors. YouTube has great free workouts you can do anywhere at any time.
- Set up games online** with family or friends through social media or the internet.
- Try some **mindfulness meditation** - you can access apps through your mobile app store.
- Research, read and learn** - learn something new like a new language or try an online course.
- It can also be helpful to try to keep some sense or normality by **forming a daily routine**.

Where to get mental health support
beyondblue 1300 224 636
Lifeline 13 11 14
MindSpot Clinic 1800 61 44 34
Kids Helpline 1800 55 1800

For alcohol and drug support
Alcohol and Drug Support Line (08) 9442 5000
Country Toll-Free: 1800 198 024
Parent and Family Drug Support Line (08) 9442 5050
Country Toll-Free: 1800 653 203

For more information visit thinkmentalhealthwa.com.au

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Things you can do when you are in isolation

meditate, read, call friends, eat and sleep well, exercise and stretch, youtube, draw, online games, music, get help

Translator help: 131 450
tisonational.gov.au

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Things you can do in self isolation

Little things you can do when isolated inside

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Feeling overwhelmed by COVID-19 and need some support? Talk to someone.

Mental health support lines
Helping Minds provides free emotional support services. You can access three free phone or video counselling sessions with a mental health professional, without the need for a GP referral. Appointments can be made between 8.30am-4.30pm Mon to Fri. Phone and video counselling appointments are available between 7am and 7pm. Helping minds can be contacted on 1800 811 747 or through their website at helpingminds.com.au

For urgent support contact Lifeline on 13 11 14
Beyond Blue: 1300 224 636 or beyondblue.org.au
MindSpot Clinic: 1800 61 44 34 or mindspot.org.au
Kids Helpline: 1800 55 1800 or kidshelpline.com.au

Alcohol and drug support lines
Alcohol and Drug Support Line: (08) 9442 5000
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Helping your child cope with stress

- Respond to your child's reactions in a supportive way.** Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.
- Children need adults' love and attention during difficult times.** Give them extra time and attention. Remember to listen to your child, speak kindly and reassure them. If possible, make opportunities for your child to play and relax.
- Try and keep your child close to you and try avoid separating them from parents and caregivers.** If separation occurs (e.g. hospitalisation) ensure regular contact (e.g. via phone) and re-assurance.
- Keep to regular routines and schedule as much as possible, or create new ones,** including school/learning as well as time for safely playing and relaxing.
- Provide facts about what has happened,** explain what is going on and give them clear information about how to reduce their risk of being infected by the disease in words they can understand depending on their age. This also includes providing information about what could happen in a re-assuring way.

For more information visit thinkmentalhealthwa.com.au

Source: World Health Organization who.int/teams/euro/health-communication/raising-children-cope-with-stress-print.pdf

Support services

Helping your child cope with stress

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Where should we send them?

Name

Postal address

Suburb/town Postcode

Email address

Mobile number

Things to consider before you place an order

- Please note there is no cost involved with ordering these resources.
- Hard copy resources may be ordered for use in WA only.
- PDF copies of these resources can be downloaded from [here](#).
- All orders will be shipped within 48 hours of receiving this order form.
- Click submit order form or scan and send this order form to: thinkmentalhealthwa@gmail.com