# **COVID-19 publication resource order form**



### A4 posters



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 and wellbeing





### Tips to cope with self isolation

£ 10

20





- \*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

₹ 10

20





### Seeking support

₹ 10

20



### Little things you can do

**€** 10

20



### Look out for others

₹ 10

20

50

### Supporting others

**€** 10

20

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- 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 support Alcohol and Drug Support Line beyondblue 1300 224 636 (20) 9442 5000 (20) 9442 5000 (20) 176ei 1801 198 024 Lifeline 13 11 14
MindSpot Clinic 1800 61 44 34
Kids Helpline 1800 55 1800
(08) 9442 5050
Country Toll-Free: 1800 653 203



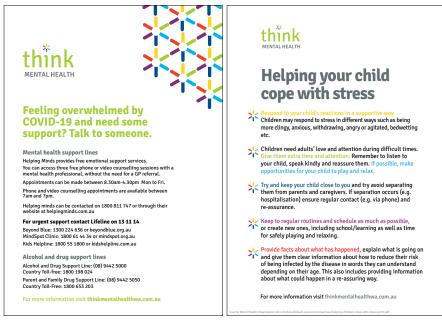
### Things you can do in self isolation

₹ 10

### Little things you can do when isolated inside

₹ 10

### A5 flyers



### Support services

Helping your child cope with stress

₹ 10 ₹ 10 20 20 50

## 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