



**MyIne Street Mental
Health Pty Ltd**

ABN: 24 205 447 544

Address: PO Box 6570, Toowoomba West, QLD 4350

Phone: 07 4638 8464 | Fax: 07 3547 8484

Email: admin@msmh.com.au

www.mylnestreetmentalhealth.com.au



MAINTAINING GOOD MENTAL HEALTH DURING COVID-19 PANDEMIC

- remain physically distant while maintaining social connection -

Thank you for taking the time to contact us to support your mental health. People are experiencing various levels of distress around the changes to our life and lifestyle and what the next few months may look like. Some are overwhelmed by the increased work pressures in a new working environment. Some are juggling parenting, home schooling activities and work. Some are out of work and distressed around finances. Some are enjoying dedicated time with family or relishing in some alone time.

There is so much information being released every day around COVID-19 and its impact on individuals, families, businesses, communities, the country and the world. There is also lots of misinformation and speculation being passed around various media outlets including social media. It an effort to support a range of situations for many of our clients and in fact our community, we have put together some resources for you to explore. The resources are from trusted websites with information, education tools, activities, ideas and apps. We hope that you find these resources helpful.

If, however, you are experiencing a high level of distress and would like to engage in some targeting individual counselling/therapy, our team is available to assist. Please contact our reception on 4638 8464 to book an appointment with one of our practitioners.

Stay safe and well.

MILNE STREET MENTAL HEALTH

June 2020

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INFORMATION FROM GOVERNMENT FOR COVID-19

Australian Government

<https://www.australia.gov.au/>

This site has a vast array of information related to the National approach and covers the following areas easily accessible from the link above.

Essential Information

Key updates

Statistics for Australia, Coronavirus symptom checker, Job Keeper/Seeker information, Indigenous Australians and remote communities

Health alerts and advice

Self-isolation, protecting those at risk, Social distancing (although we prefer to call it physical distancing), Looking after yourself, Protecting yourself and others

Restrictions and safety advice

Border closures and restrictions, Creating Safe online communities, Advice for Australians overseas or returning from overseas, Stay smart online, Limits on public gatherings, Misinformation and myth busting, ScamWatch

Financial Supports

Electricity support, Grants, Centrelink payments, economic assistance for individuals and business, ATO measures of support

Support for individuals, families and communities

DV support, visa holders, job seekers, translation, medicine delivery service and aged care support

Education and childcare information

International students, schools open, childcare open, information for providers

Business and employer information

Job seekers, business support, business privacy obligations, WHS advice, workplace entitlements and obligations, support for cultural and creative sectors, advice for delivery drivers

You can keep up to date with the Australian Government through WhatsApp, Coronavirus app for smart phone, facebook and twitter.

Queensland Government

<https://www.covid19.qld.gov.au/>

This site has a vast array of information related to the Queensland specific State approach and covers the following areas:

Health Advice: <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

Government Actions: <https://www.covid19.qld.gov.au/government-actions>

Care Army: <https://www.covid19.qld.gov.au/carearmy>

Help and advice: <https://www.covid19.qld.gov.au/help-and-advice>

Essential information: <https://www.covid19.qld.gov.au/help-and-advice/essential-information>

Industry and Business: <https://www.business.qld.gov.au/>

HEALTH INFORMATION FROM GOVERNMENT FOR COVID-19

The following links have been provided through both the Australian Department of Health and the Queensland Health Department. It includes a range of education clips and posters to in effort to stop the spread of the virus, explain social distancing and other information to support communities and its members.

Department of Health

Alerts: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

COVID-19 Education Clips:

[Coronavirus video – Older Australians](#)

[Coronavirus video – Social distancing](#)

[Coronavirus video - Help Stop the Spread](#)

[Coronavirus video - Good Hygiene Starts Here](#)

[Coronavirus video - Stay Informed](#)

[Coronavirus video - Mental Wellbeing](#)

[Coronavirus video – Supporting Older Australians](#)

COVID-19 Education Posters:

[Coronavirus \(COVID-19\) – Print ads – Simple steps to stop the spread](#)

[Coronavirus \(COVID-19\) – Print ads – Good hygiene is in your hands](#)

[Coronavirus \(COVID-19\) – Print ads – Make mental health a priority](#)

[Coronavirus \(COVID-19\) – Keep that cough under cover](#)

[Coronavirus \(COVID-19\) – Keeping your distance](#)

[Coronavirus \(COVID-19\) – Reducing the risks for older Australians](#)

[Coronavirus \(COVID-19\) – Supporting older australians](#)

[Coronavirus \(COVID-19\) – Stay informed](#)

[Coronavirus \(COVID-19\) – Stay informed through WhatsApp](#)

[Coronavirus \(COVID-19\) – Stay informed through the coronavirus app](#)

[Coronavirus \(COVID-19\) – Stay informed through the coronavirus app and WhatsApp](#)

Other .pdf files are attached with other posters available.

Health Direct hotline – 1800 022 222

If your health concern is not urgent call the Health Direct helpline at any time for free advice and reassurance. The Health Direct helpline is a 24-hour telephone health advice line that operates seven days a week. It is staffed by registered nurses who provide expert health advice.

Coronavirus Health Information Line – 1800 020 080

The Department of Health has a hotline to respond to your enquiries. Call this line if you are looking for information or advice on Coronavirus (COVID-19). The line operates 24 hours a day, seven days a week.

EDUCATION INFORMATION

Education Queensland: Learning from Home

With the announcement of the first five weeks of Term 2 being online many parents are having to quickly get prepared and organised for home school environments. These links provide information regarding Learning at Home through Education Queensland. If your child is not enrolled in a Queensland Education school, there is still some relevant information for you. For subject specific information, please contact your school directly.

Curriculum: <https://education.qld.gov.au/curriculum/learning-at-home>

Advice to Parents: [Advice for Parents](#)

Wellbeing of Students: [Wellbeing of Students](#)

Parenting

Parenting during COVID-19

World Health Organisation (WHO) one page flyers: includes information on spending one on one time with each child, maintaining a positive perspective, introducing structure, addressing bad behaviour at home, keeping calm & talking about COVID-19 – click [here](#)

Triple P parenting video resource during COVID-19 – click [here](#)

Triple P online parenting program FREE (with COVID-19 module) – click [here](#)

COVID-19 E-Safety kit for parents and carers: Increasing use of technology to connect with friends and family via internet services threatens cybersecurity. Tips on how to help kids stay safe online (Safesearch, connected devices, protecting personal information, cyber bullying, cyber grooming); general tips on false information and scams for adults and older adults - [eSafety: Online Safety kit for Parents and Carers](#)

Parent self-care

It's important for parents to look after themselves to:

- Learn how to protect yourself and others from COVID-19.
- Acknowledge your feelings.
- Staying connected.
- Seek accurate information

Some other tips include:

[University of Melbourne: Managing Stress and Anxiety](#)

[Victoria Health: Staying Calm and Healthy](#)

[Childmind: Anxiety and Coping](#)

Information to support parents: [ReachOut for parents](#)

Forums for parents: [Reachout: Parent forum](#)

Children

How to talk to your children about COVID-19

[Royal Children's Hospital Melbourne](#)

Supporting children and young people to cope with coronavirus (6-17 years old):

Using age appropriate language when explaining information about COVID-19 to children and adolescents

Maintaining a positive perspective towards the situation.

Limiting media information to credible websites (government websites, WHO)

Focus on the things that children or adolescents are able to control

Maintaining routines where possible

Modelling calm behaviour and good hygiene behaviours as a parent

Make safety and hygiene activities fun

Looking out for signs of anxiety in children and adolescents

Self-care

[Raising Children Network](#)

Make time to talk

Find out what your child knows'

Explain coronavirus (COVID-19) in a way your child can understand

Tune into your child's feelings

[Emerging Minds: Video to support children](#)

Explaining Coronavirus to kids

Booklet: <https://education.qld.gov.au/curriculum/learningfromhome/explaining-coronavirus-to-kids-booklet.pdf>

Clip: https://www.youtube.com/watch?v=k3mn_42dAmk&feature=youtu.be&rel=0

Book for younger children: ['Hi. This is Coronavirus'](#)

Talking about staying at home with kids:

Clip: <https://www.littleseedstherapy.com.au/animation>

Activities for children and adolescents:

Phoenix Australia: [Activities for children and adolescents](#)

ABC Education timetable: <https://www.abc.net.au/tveducation/>

KidsPlus: [Virtual field trips around the world; Different zoo cameras; yoga for kids tutorial](#) ()

SourceKids: [Simple OT activities with home supplies](#)

Sensory activities: <https://jojoebi.com/50-easy-sensory-activities/>

Apps for children to manage anxiety

Smiling mind: Thrive inside program for COVID crisis (mindfulness practice)

<https://www.smilingmind.com.au/thrive-inside>

Positive penguins; Resilience building app for children with guided meditation

<https://apps.apple.com/au/app/positive-penguins/id570371342>

*ConversationBuilder to teach social skills (AutismApps)

<https://www.autismapps.org.au/language/conversationbuilder/>

Apps for 'sensory breaks', ADHD, ASD and developing children who struggle with sensory input

<https://apps.apple.com/us/app/brain-works/id524997517>

Apps to structure activities and days

<https://www.sourcekids.com.au/apps-to-help-your-child-with-planning-structure-and-routine/>

At home learning

<https://montessori.org.au/covid-19-resources>

Browse other apps

<https://au.reachout.com/tools-and-apps>

Teenagers

How to talk to your teenager about coronavirus

Work through your own feelings

Children and young people are really good at picking up on their parents' feelings, so take some time to work through them.

Check your headspace

Try to have a conversation about coronavirus when you're feeling relatively calm, not when you're especially stressed or anxious. This could mean putting up some boundaries around conversations.

Know the facts

Inform yourself about the facts from trusted sources

Talk about their media intake

Help them to build their media literacy skills

Practise open communication

Let them know that you understand it's a stressful time and that it's normal to feel upset. Reassure them that they're not alone in this.

Offer them reassurance

Let your teen know that it's normal to be feeling stressed or anxious about the current situation. Reassure them of what you're doing to help them stay safe (e.g. practising good hygiene behaviours).

Have a 'No COVID-19 talk' hour

At the moment, it might feel like coronavirus is all everyone is talking about. While it's important to speak to your teen about it, you could consider setting an hour in the evenings during which no-one mentions COVID-19.

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/how-to-talk-to-your-teenager-about-coronavirus>

Remember that everyone worries about different things

We also need to remember that children may have different worries than teenagers and adults. It's important to acknowledge their individual worries and help find strategies

Help your young person find a strategy that works for them

family activities, listening to music, rediscovering old hobbies, practice relaxation or mindfulness or connect with family and friends online

<https://www.brave-online.com/beating-stress-and-worries-about-coronavirus-covid-19/>

Teenage development and considerations during the crisis situations and quarantine

- Teenagers may not show their distress outwardly
- Although teens are developing their sense of independence and are proud that they are able to cope on their own, but they are still dependent on the family system. Teenager's behaviours can be inconsistent.
- The role of peer groups are essential. Interest in music, fashion, sport or skateboarding - even if done alone - can give the support of shared experiences of the peer culture. Parents who oppose peer influences cause intense conflict.

https://www.publications.qld.gov.au/dataset/bf87ad67-7391-472d-8432-189237e1eb54/resource/efb426bd-2416-4369-bfbf-780c48521040/fs_download/teenagerscrisis.pdf

Coping Tips for teenagers

- Do things that make you feel physically and emotionally safe, and be with those who are helpful to your wellbeing
- Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this).
- Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not.
- It can help to talk with a trusted adult if it all feels a bit much.

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

More Coping Tips for teenagers

1. Recognize that your anxiety is completely normal
2. Create distractions (things we have control over; things that we have no control over)
3. Find new ways to connect with your friends
4. Focus on you
5. Feel your feelings

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Resilience building activities for teenagers during COVID-19

Increasing emotional awareness and regulation. Adopting a positive mindset, encouraging flexible thinking, increasing self-efficacy and encouraging help seeking.

<https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-coping-skills-and-resilience/teach-your-teenager-to-be-resilient>

Carers

Organisations

Head to Health: [Support for Carers](#)

Carer Gateway: <https://www.carergateway.gov.au/>

Forums for carers:

[Beyond Blue – Supporting Family and Friends](#)

[SANE: Carers Forum](#)

Workers (Essential or otherwise)

Tips for Working from Home

Roses in the Ocean: [Tips for Working from Home](#)

Steven Hayes: [Tips for Five Challenges of staying at home](#)

AHDH and working from home: <https://www.additudemag.com/working-from-home-adhd/>

Tips for Workplaces and Businesses

Posters for your workplace around business changes:

[Coronavirus \(COVID-19\) – Change of hours poster for businesses](#)

[Coronavirus \(COVID-19\) – Temporary changes poster for businesses](#)

[Coronavirus \(COVID-19\) – Temporary closure poster for businesses](#)

See Government Health section for posters for hygiene and social distancing

See Australian and Queensland government section for financial support information

MENTAL HEALTH INFORMATION

During this time of change it is important to monitor your own, and others, mental health. There are some key factors to maintaining good mental health.

General Wellbeing

Beyond Blue

[Beyond Blue - Staying well](#)

[Beyond Blue - Steps to Recovery](#)

[Beyond Blue - Journey to wellness](#)

[Beyond Blue - Reducing stress](#)

[Beyond Blue - Mindfulness and COVID-19](#)

Australian Psychological Society (APS)

[Coping with Coronavirus Anxiety](#)

[Maintaining Good MH with Social Isolation](#)

[Coronavirus Anxiety and Managing Mental Health: for Older Adults](#)

Mindspot

[10 Tips for Coping with Infectious Diseases](#)

<https://mindspot.org.au/coronavirus>

ReachOut

[10 Ways to take care of yourself during COVID-19](#)

Exercise

Exercise is one of those reasons we are allowed to leave our homes. Let's take advantage of it. Remember though, exercise does not have to be some formal 5km run. It can simply be increasing our movement. What if you put the television remote control next to the TV and had to get up and change the channel. While working from home, what if you moved your printer into another room of the house and you had to get up and go and pick up the printing at regular times throughout the day.

[Health Direct: Tips for Getting Active](#)

[Beyond Blue - Keeping Active](#)

Diet

Let's try to make some healthy, nutritional choices while we are at home. Instead of a cupboard of convenient chips, bars and softdrinks. Let's take advantage of our less travel time and create some convenient healthy alternatives. Maybe have some cut up fruit/veggies in a container in the fridge. What about a large bottle on the bench filled with ice cold water?

[Australian Guide for Healthy Eating](#)

[Beyond Blue - eating well](#)

[Dietician AA: Smart Eating for You](#) – including recipes to try

Sleep

Sleep is such an important aspect for our overall wellbeing. It's a time for our body to repair and rejuvenate. If we aren't getting enough sleep, we are often tired, unmotivated and our immune system depletes making us likely to develop illness. If you find that you are having some trouble sleeping there are some great resources to use to assist.

[Sleep Hygiene Tips](#)

[Beyond blue - sleeping well](#)

Relaxation Exercises

[Beyond Blue - Relaxation exercises](#)

Tools and Apps to check out: [Reachout: Tools and Apps](#)

More apps are available on the attached .pdf*

(*this was put together in 2015 and some apps may no longer be available)

Specific Disabilities or Mental Health Disorders

Australian Government: Head to Health

Head to Health: <https://headtohealth.gov.au/>

Mental Health and COVID-19: <https://headtohealth.gov.au/covid-19-support/covid-19>

Forums: [Lived Experience Forum](#)

Mental Health Conditions: <https://headtohealth.gov.au/mental-health-difficulties/what-should-you-know-about-mental-health-conditions-and-disorders>

National Disability Insurance Scheme

Website: <https://www.ndis.gov.au/coronavirus>

includes: information in Auslan, and other accessible formats and information for Priority Home Delivery: <https://www.ndis.gov.au/coronavirus/priority-home-delivery-services>

Attention Deficit and Hyperactivity Disorder (ADHD)

ADHD Australia: <https://www.adhdaustralia.org.au/>

Parent and Carer support groups: <https://www.adhdaustralia.org.au/resources/support-groups/>

Strategies for coping during COVID-19: <https://www.additudemag.com/adhd-coronavirus-anxiety-coping-strategies/>

ADHD and working from home: <https://www.additudemag.com/working-from-home-adhd/>

Autism Spectrum Disorder:

Aspect: <https://www.autismspectrum.org.au/how-can-we-help/helping-you-to-navigate-covid-19>

Facebook Group: <https://www.facebook.com/groups/COVID19AutisticCommunity>

Booklet explaining COVID-19:

<https://www.autismspectrum.org.au/uploads/documents/Communications/News/Easterseals-My-Coronavirus.pdf>

Booklet with Tips for Managing Stress

<https://www.autismspectrum.org.au/uploads/documents/Communications/News/Tips-for-Managing-Stress.pdf>

Helping Kids with Autism Cope: <https://kidshealth.org/en/parents/coronavirus-autism.html>

Downs Syndrome

Downs Syndrome Australia: <https://www.downsyndrome.org.au/resources/coronavirus.html>

Eating Disorders

The Butterfly Foundation provides support for individuals with eating disorders:

<https://thebutterflyfoundation.org.au/understand-eating-disorders/butterfly-support-in-navigating-covid-19/>

Tips: <https://thebutterflyfoundation.org.au/covid-19/>

Social Isolation impact tips: <https://thebutterflyfoundation.org.au/understand-eating-disorders/butterfly-support-in-navigating-covid-19/what-self-isolation-can-mean-for-someone-experiencing-an-eating-disorder/>

Intellectual Disability

The Council for Intellectual Disabilities - easy to read information about COVID-19:

[Staying safe from Coronavirus](#)

[Staying home during Coronavirus](#)

[Stay safe at the shop during Coronavirus](#)

[Look after your mental health during Coronavirus](#)

Organisations with Helpful Information

Aspect

<https://www.autismspectrum.org.au/>

Aspect is Australia's largest service provider for people on the autism spectrum. Our specialised, evidence informed schools program is one of the largest in the world, with additional services that include information and advice, diagnostic assessments, behaviour support, parent and family support, and adult programs. We share evidence-informed autism practice and applied research nationwide. Check out their website link above for lots of information. *They also suggest the following useful information:*

Beyond Blue

<https://www.beyondblue.org.au/>

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. They have a broad range of information specifically around anxiety, depression and suicide prevention. Check out their website above.

Black Dog Institute:

<https://www.blackdoginstitute.org.au/>

The Black Dog Institute is dedicated to understanding, preventing and treating mental illness. We are about creating a world where mental illness is treated with the same level of concern, immediacy and seriousness

as physical illness; where scientists work to discover the causes of illness and new treatments, and where discoveries are immediately put into practice through health services, technology and community education. Their website too has a plethora of information specific to COVID-19, technology, programs, facts and information around supporting those to maintain good mental health.

Butterfly Foundation

<https://thebutterflyfoundation.org.au/understand-eating-disorders/butterfly-support-in-navigating-covid-19/>

The Butterfly Foundation represents all people affected by eating disorders and negative body image – a person with the illness, their family and their friends. As a leading national voice in supporting the needs of our community, Butterfly highlights the realities of seeking treatment for recovery, and advocates for improved services from both government and independent sources.

The Butterfly Foundations recognises the difficulties for individuals during the COVID-19 crisis and have some information and supports available on the above link.

Centre for Rural and Remote Mental Health

<https://www.crrmh.com.au/rural-adversity-information-resources/>

The Centre for Rural and Remote Mental Health (CRRMH) is a state-wide organisation that is committed to improving the mental health, wellbeing and resilience of rural and remote residents. The CRRMH focuses on:

- The promotion of good mental health and the prevention of mental illness;
- Developing the mental health system to better meet the need of people living in rural and remote regions;
- Understanding and responding to rural suicide.

The link above has resources available for a number of adverse situations, while not forgetting that many Australians are still recovering from the bushfires earlier in the year and/or also have been struggling with the drought for many years.

Emerging Minds

<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>

For over 20 years Emerging Minds has been dedicated to advancing the mental health and emotional wellbeing of Australian infants, children, adolescents and their families. The organisation now leads the National Workforce Centre for Child Mental Health, delivered in partnership with the Australian Institute of Family Studies (AIFS), the Australian National University (ANU), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP).

Emerging Minds develops mental health policy, services, interventions, training, programs and resources in response to the needs of professionals, children and their families. We partner with family members, national and international organisations to implement evidence-based practice into the Australian context. Our resources are freely available at this web hub.

With recent news and media coverage about the Coronavirus (COVID-19), following on from a difficult bushfire season, it is normal for children and adults to feel overwhelmed and stressed during this time. This curated selection of resources will assist parents and carers to best support their children and reduce worry and distress. It contains a video, factsheets and tips about what you can expect and how you can help children cope.

eSafety

<https://www.esafety.gov.au/key-issues/covid-19>

Staying connected online has never been more important, now that many of us are physically isolated from family members, friends, colleagues and support networks.

The internet is a great way to socialise, learn, work, play and be entertained. But there are also risks. So eSafety is adding new content every day, to help you stay safe online. Check out their parent booklet and other safety information.

Lifeline

<https://www.lifeline.org.au/get-help/online-services/online-services-overview>

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. We're committed to empowering Australians to be suicide-safe through connection, compassion and hope. Our vision is for an Australia free of suicide.

Mindspot

<https://mindspot.org.au/treatment-courses>

MindSpot is a free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. We provide assessment and treatment courses, or we can help you find local services that can help.

National LGBTI Health Alliance

<https://lgbtihealth.org.au/>

The National LGBTI Health Alliance is the national peak health organisation in Australia for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, and intersex people (LGBTI) and other sexuality, gender, and bodily diverse people and communities.

We recognise that people's genders, bodies, relationships, and sexualities affect their health and wellbeing in every domain of their life.

Phoenix Australia

<https://www.phoenixaustralia.org/coronavirus-covid-19/>

Phoenix Australia is a not-for-profit organisation that promotes recovery for the 15 million Australians affected by trauma. Formerly the Australian Centre for Posttraumatic Mental Health (ACPMH), in 2015 the organisation changed its name to Phoenix Australia – Centre for Posttraumatic Mental Health. Their website has some great tips sheet and videos to support community members.

ReachOut

<https://au.reachout.com/>

ReachOut is Australia's leading online mental health organisation for young people and their parents. Our practical support, tools and tips help young people get through anything from every day issues to tough times. The information we offer parents makes it easier for them to help their teenagers too.

Sane Australia

<https://www.sane.org/>

SANE Australia is a national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy.

Standby

<https://standbysupport.com.au/resources/>

StandBy – *Support after Suicide* is a program of United Synergies, established in 2002 to meet the need for a coordinated community response to suicide. StandBy is now recognised as Australia’s leading suicide postvention program dedicated to assisting people and communities impacted by suicide.

This Way Up:

<https://thiswayup.org.au/how-we-can-help/courses/>

This Way Up offers a range of online courses designed to help you identify, understand, and improve psychological difficulties like stress, insomnia, worry, anxiety and depression. Take a look at the link above to see how you can start creating a positive change in your wellbeing from the comfort of your own home. During the COVID-19 crisis, these courses are available free of charge.

Apps for Smart Phones

There are so many fabulous apps available for use on smart phones. They cover such a range of topics and ideas.

Tools and Apps to check out: [Reachout: Tools and Apps](#)

More Apps: [Healthy Living Apps](#)

There is also a .pdf file* attached which you may find helpful (*this was put together in 2015 and some apps may no longer be available).

Helplines

Phone Counselling and Support

Where people are in crisis and need to talk to someone about their distress or trauma, there are a range of organisations listed below that can assist them.

^Please note, some helplines are not running at their full capacity during this time. Some chat and online services are currently not available. Please check their websites for up to date information.

Beyondblue – Coronavirus Mental Wellbeing Support Service

<https://coronavirus.beyondblue.org.au/>

1800 512 348

Whatever you’re feeling during these challenging times, you can talk it through with one of our counsellors. They’ll provide advice and support based on your specific needs. Our trained counsellors are there to support you 24/7.

Black Dog Institute

www.mycompass.org.au

The Black Dog Institute provides a 24 hour free mobile phone/computer-based programme to assist those with mild to moderate depression, anxiety and stress (myCompass).

Disability Information Helpline

<https://www.dss.gov.au/disability-and-carers/information-and-referrals-for-people-with-disability-and-their-supporters-about-coronavirus-covid-19>

1800 643 787

It's available Monday to Friday 8am to 8pm (AEST) and Saturday and Sunday 9am to 7pm (AEST). It's not available on national public holidays, for all kinds of coronavirus-related help and information.

Kids Help Line

www.kidshelp.com.au

1800 55 1800

A number of children and youth may also need emotional. Kids Help Line is a free and confidential, telephone counselling service for 5 to 25 year olds in Australia.

Lifeline Australia

www.lifeline.org.au; Phone 13 11 14

Lifeline Australia provides a free, confidential and anonymous, 24-hour telephone counselling service for adults needing emotional support. Lifeline Australia also has a range of information and resources available from their website, about providing care in times of crisis.

Mensline

www.mensline.org.au; Phone 1300 78 99 78

Mensline Australia provides a free, confidential and anonymous, 24-hour professional telephone counselling service for men needing emotional support or in crisis. Mensline also has a range of information and resources available from their website, about providing support and taking care of yourself, in times of crisis.

Suicide Callback Service

<https://www.suicidecallbackservice.org.au/>

1300 659 467

The Suicide Callback Service is a free nation-wide telephone support service available to support people at risk of suicide and their carers, and is well suited to people who are geographically or emotionally isolated. The service can support callers through structured 50 minute telephone counselling sessions, scheduled according to the caller's needs. The Suicide Callback Service operates seven days a week.

Womensline

<http://www.dvconnect.org/womensline/>

1800 811 811

DVConnect's Womensline is Queensland's only **24 hour, 7 days a week, 365 days a year** crisis response telephone helpline. We help Queenslanders who want to escape domestic violence. Our service is for anyone identifying as a female, including our friends in the LGBTIQ community.