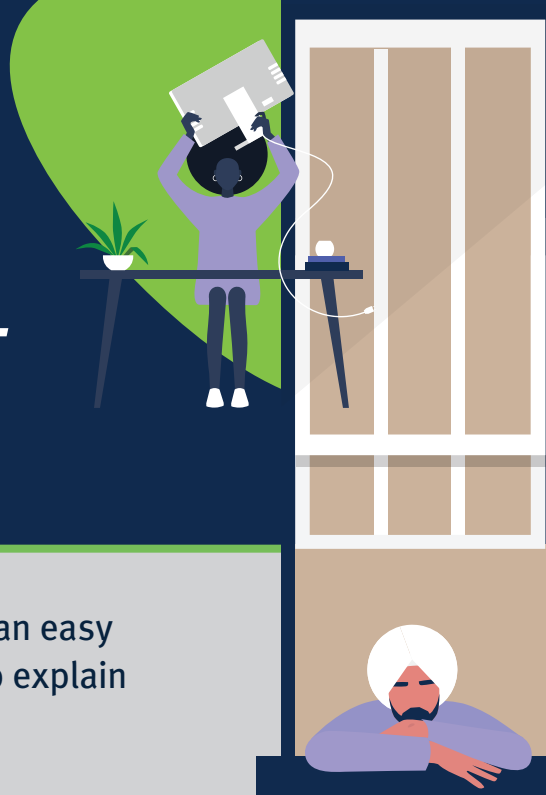


Coronavirus (COVID-19)

# LOOKING AFTER YOUR MENTAL HEALTH DURING COVID-19



This information has been written in an easy to read way. Pictures are used to help explain some of the instructions.

If you need help to read the document, get a family member or friend to help you.



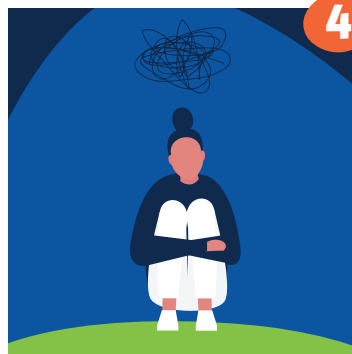
**1** Coronavirus (COVID-19) is a virus that has affected **many people** around the world.



**2** The virus can make some people sick and can spread from one person to another through **spit, coughs or sneezes**.



**3** We have all had to **change the way we live** and **how we do things** to reduce the spread of the virus.



**4** These changes can make us feel **worried, anxious or sad**. Feeling like this is normal. Many people feel the same way. **You are not alone**.

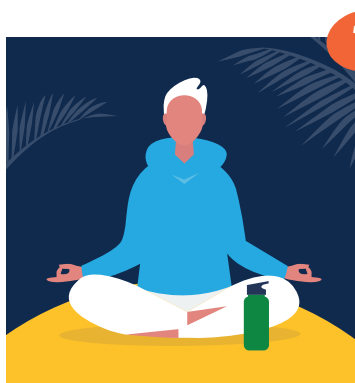
# Tips to help you feel better during COVID-19











**5** But if your worry **doesn't go away** and life is feeling harder and harder, **seek help.**



**6** There are some things you can do to help you **cope with the changes.**






## **7** Keep a good daily routine

-  Eat healthy meals.
-  Get regular exercise by walking, running or riding your bike. The Queensland Health *Healthier. Happier* website also has ideas to help you get active at home.
-  Drink lots of water.
-  Get enough sleep and try to go to bed at the same time each night.
-  Practice relaxation and take some deep breaths.
-  Make time to do things you enjoy.
-  Try to use less, or stop using alcohol, cigarettes and drugs that are not prescribed by your doctor.
-  There are lots of free apps to help you set daily goals.






## **8** Talking to your community, family or friends, on the phone or via video chat, about your worries can help you feel better

-  Let them know if you are worried or need help.
-  Let them know if you need help with getting things you need like food or medication. There are also services that can help you with basic needs.
-  Ask them to help you find information that is up-to date and correct.






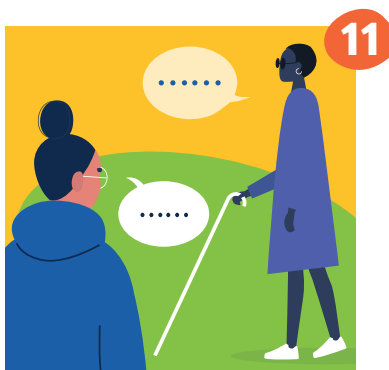
## Make good choices in what you read and watch

-  If information about COVID-19 is making you worried, only check the news once or twice a day.
-  Get news from places you can trust, like the evening news, Queensland Health and talkback radio. Social media such as Facebook, Instagram or WhatsApp is not the best place to get your news.
-  Use an app that helps you limit the time you spend on social media.



## If you have existing mental health issues

-  Remember to take any medication your doctor has given you.
-  Follow your treatment plan and attend your regular appointments.
-  Ask for help early, if you feel you are not coping. Talk to your GP or mental health practitioner.



If you are **worried** about someone's mental health, **talk to them** and suggest they **contact their GP** or one of the **mental health support services** listed below.

# Where can I get help?



## To stay informed about coronavirus:

Visit the Queensland Health website:

[www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19](http://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19)

## If you want support with your mental health:

If you think you might harm yourself or others, call someone you know or your doctor. If it is an emergency or someone's life is in danger, call **Triple Zero (000)** or go to the **closest emergency department**.

### Beyond Blue

Visit the Beyond Blue website for mental health information [www.beyondblue.org.au](http://www.beyondblue.org.au) or call **1300 22 4636** to speak to someone.

### Lifeline

Call Lifeline to talk to someone on the phone **13 11 14** or by text message **0477 13 11 14**. You can also visit online at [www.lifeline.org.au/crisis-chat](http://www.lifeline.org.au/crisis-chat)

### Queensland Health mental health access

Call the Queensland Health mental health access line **1300 MH CALL (1300 64 22 55)** for a confidential conversation.

### Queensland Transcultural Mental Health Centre

Call **1800 188 189**.

### Multicultural Connect Line

Call **1300 079 020**.

## If you want an interpreter:



If you want to speak to someone in a language other than English, call the National Translating and Interpreting Service on **131 450**. They can connect you with the right service.

For more information, visit

[www.qld.gov.au/health/mental-health/get-started](http://www.qld.gov.au/health/mental-health/get-started)



Queensland  
Government