

# MENTAL HEALTH AND COVID-19

It is important during the COVID-19 outbreak that our mental health and wellbeing is a top priority. Many of us may experience feelings of stress, anxiety or negativity as we are constantly overwhelmed with news and discussion about the situation we are in. This has led to a strain being placed on mental health resources around the country as Australians look for reassurance and support in the midst of uncertainty.



To support mental health facilities deal with this strain in resources, the Federal Government has invested \$74 million into mental health services. As part of this support, the department of health have put together a resource area to support maintaining good mental health during this time, which can be found here: <https://headtohealth.gov.au/covid-19-support/covid-19>

This resource area includes information on the following topics:

- Maintaining good mental health
- Hear from mental health experts
- How to access mental health services
- Information for parents
- Protecting our elderly

## SUPPORT AGENCIES

If you would like to talk to someone about mental health and wellbeing issues, the following outlets are available:

 **Lifeline**  
**13 11 14**  
Lifeline

 **MindSpot**  
**1800 61 44 34**  
MindSpot

 **Beyond Blue**  
**1300 22 4636**  
Beyond Blue

 **kidshelpline**  
Anytime | Any Reason  
**1800 55 1800**  
Kids Helpline