Australian Government

Department of Health

Caring for your mental wellbeing

Coronavirus affects everyone. It has impacted people in Australia and all around the world. People from all countries, cultures and backgrounds have made changes to their daily lives to help stop the spread of the virus and keep their communities safe.

The impacts of the coronavirus have made many of us feel worried, stressed or alone. You may also be concerned about family and friends in your home country. It is important that we all take care of our mental wellbeing, as well as our physical health, during these difficult times.

You might have noticed some changes in your own mood and feelings or seen these changes in someone else, like:

- Feeling stressed or worried.
- Feeling down, upset or just not like yourself.
- Having difficulty falling or staying asleep.
- Changes in your weight or appetite.
- Feeling overwhelmed and finding your everyday life difficult.

Some people may feel scared to talk about their feelings with others for fear of being labelled as having a mental health problem. The reality is that these feelings are common and many people in the community are experiencing them too.

Reach out and talk to people you trust. Staying in touch with family and friends over the phone, video or social media can help your mental health. Share your feelings with them and invite them to share with you.

Keeping healthy is good for your mind and body. Try to keep a routine as much as possible. Stay active by going for a walk outside, doing stretches in the park or exercising at home. Maintain good sleep habits, eat heathy foods like fruit and vegetables, and limit snacks and drinks that are high in sugar.

Help is available

It is ok to ask for help if you feel you need support to deal with life's extra challenges at the moment, or are finding life hard. Talk to a family member, a friend, or your local general practitioner (GP) or trusted health professional about your individual needs and the next steps you can take.

You can also talk to a counsellor any time for free by calling the Coronavirus Mental Wellbeing Support Service on 1800 512 348. For a free and confidential interpreter call 131 450 and say the language you need. You can then ask the interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

Not everyone is comfortable talking to someone face-to-face, and that's okay. You can find websites with helpful information, use apps and programs to build skills and track your progress, share stories and experiences in online forums, or talk to a professional through phone, web chat/text and email services.

Visit the Head to Health website headtohealth.gov.au for information, advice, and to connect with trusted free and low-cost Australian phone and online mental health services and supports. It also has links to information and resources in your language.