

## TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19

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### MENTAL HEALTH SERVICES

#### Beyond Blue

Beyond Blue is offering short term counselling and referrals by phone and webchat.

Phone Beyond Blue on **1300 224 636**

#### Australian Psychological Society

Australian Psychological Society has provided mental health strategies and tips for coping with Coronavirus anxiety.

Phone **1800 333 497** to find or locate your closest psychologist.

#### Headspace

Headspace is a great resource promoted for younger people. Headspace gives the option to visit a Headspace Centre, along with online and phone services.

Phone Headspace on **1800 650 890**

#### MensLine Australia

MensLine Australia is a telephone and online counselling service for men with emotional health concerns. They offer Online Chat counselling, Video Chat Counselling and an online forum.

Phone MensLine on **1300 789 978**

### NATIONAL 24/7 CRISIS SERVICES

- Lifeline: **13 11 14**
- Suicide Call Back Service: **1300 659 467**
- SANE Australia: **1800 187 263**
- ReachOut (for under 25s)
- Kids Helpline (support for parents/carers): **1800 55 1800**

### MENTAL HEALTH SERVICES HOTLINE IN EACH STATE

(24 HOURS/7 DAYS A WEEK)

- Queensland 1300 642 255
- New South Wales 1800 011 511
- Victoria (Mind Spot Clinic) 1800 614 434
- Australian Capital Territory 1800 629 354
- Tasmania 1800 332 388
- Western Australia 1300 555 788 (Metro)
- Northern Territory 1800 682 288
- South Australia 13 14 65