



Help and support for your mental wellbeing

The impacts of the coronavirus have made many of us feel worried, stressed or alone. You may also be concerned about family and friends overseas.

If you are finding it hard to cope with your everyday life, contact your local doctor who can advise on steps you can take.

Where can you get help?



National Translating and Interpreting Service 131 450

Call if you need to speak to someone in a language other than English. A free and confidential interpreter can connect you to any of the phone numbers below.



Phone Support

Coronavirus Mental Wellbeing Support Service – trained health professionals available to support you over the phone. It is free and available 24 hours a day, 7 days a week. Call **1800 512 348**.

Kids Helpline – free support service for young people aged between 5 and 25 years. Call **1800 55 1800**.



Domestic and family violence support

1800 RESPECT (1800 737 732) – support for people experiencing violence and abuse.



Suicide and Crisis Support

For immediate support. Call **Lifeline** on **13 11 14**. Call **000** if you or someone you know is in an emergency or in immediate risk of harm.



Support for Men

Mensline – in-language support is available to men. Visit mensline.org.au/languages/ or call **1300 78 99 78**.

Fathering Across Cultures App – support for fathers from migrant and refugee backgrounds. Visit fatheringacrosscultures.org.au



Online Support and Information

Head to Health – information, advice and a wide range of online and phone support services. Visit headtohealth.gov.au

Embrace Multicultural Mental Health – mental health information in lots of languages embracementalhealth.org.au

HeartChat – heartchat.com.au is a safe and welcoming site to better understand mental health and find a professional to speak to in your language.

Beyond Blue – support for people who feel anxious, depressed or suicidal. To find out more visit beyondblue.org.au

Go to headtohealth.gov.au for helpful information and resources in your language, and professional support.