



How are you feeling today?

The impacts of the coronavirus have made many of us feel stressed or alone. You may also be concerned about your family and friends overseas. You can talk to a friend or relative about your worries, or a health professional.

The following are signs you might need to seek help:



Feeling stressed or worried



Changes in your mood (feeling sad, angry or scared)



Finding it hard to concentrate or remember things



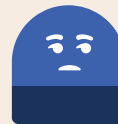
Having trouble sleeping (sleeping less or too much)



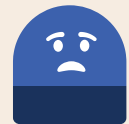
Changes to eating (eating more or less than usual)



Feeling more upset than usual



Feeling like you do not want to see friends or be around other people



Feeling isolated or lonely

It is important we all take care of our mental wellbeing and physical health. It is ok to ask for help if you are not feeling yourself. Many people are feeling the same and you are not alone.

Where can you get help?

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



National Translating and Interpreting Service 131 450

Call for a free and confidential interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

Coronavirus Mental Wellbeing Support Service 1800 512 348

Trained health professionals who can help you over the phone. It is free and available 24 hours a day, 7 days a week.

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