



# Looking after your mental health and 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. It is important to take care of your mental wellbeing and physical health.

## What can you do?



### Keep in touch with family and friends

Talking to family, friends, or religious leaders about how you are feeling can help you feel better. Stay connected on the phone or via video call.



### Get enough sleep

Sleep is important for physical and emotional health. Most adults need 7 to 8 hours sleep per night and 9 to 11 hours per night for children/teenagers.



### Reduce alcohol and smoking

Avoid or reduce your use of alcohol and tobacco.



### Take a break from social media

Too much time on social media can impact how you are feeling. Taking a break can help you feel better.



### Stay active and eat healthy

Keeping healthy is good for your mind and body. Stay active by going for a walk, visiting the local park, or exercising at home. Eat healthy foods like fruit and vegetables. Limit high sugar snacks and drinks.



### Make yourself available

Call a friend you have not spoken to in a while, offer to help someone else in the community or your neighbours. Check on someone you know is finding life difficult at the moment.



### Create a regular routine

Plan your day so you have time for household chores and work. Make sure you connect with others, do activities you enjoy and make time to rest. Have regular bedtime and mealtimes.



### Seek help

If you are having problems, ask for help before things get too bad. Religious and community leaders can support you. You should also seek help from a health professional.

## Where can you get help?



### 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](https://headtohealth.gov.au) for helpful information and resources in your language, and professional support.