

## **Coronavirus Mental Wellbeing Support Service**

### Supporting your mental health through lockdown

There's been a lot of change recently, and finding yourself back in lockdown might have you feeling a little overwhelmed or even completely out of your depth.

If you're feeling unsure about how to cope, or who to turn to, **we're here to help support your mental health.**

#### **Talk it through with us**

Our trained counsellors are here to support you over the phone. It's free and available 24/7.

**1800 512 348**

#### **Online support and information**

Our website provides regularly updated information, advice and strategies to help you manage your wellbeing and mental health during this time. It also provides free 24/7 webchat with our trained counsellors.

**[coronavirus.beyondblue.org.au](https://coronavirus.beyondblue.org.au)**

#### **Suicide and crisis support**

For immediate support, call Lifeline **13 11 14**

If you are in an emergency or at immediate risk of harm to yourself or others, please call **000**

#### **Support for non-English speakers**

We have a range of options for people whose first language isn't English.

People who don't use English as their first language can get free translation support from the Translating and Interpreting Service

**[www.tisnational.gov.au](https://www.tisnational.gov.au)**

Through TIS National, you can have immediate or pre-booked phone interpreting services.

For immediate services please phone **131 450.**



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