

Mental health and wellbeing

COVID-19

**This is a stressful time for lots of people. Talking about it can help.
Remember that this is temporary and we will get through it together.**



Get your news the right way (for example www.covid19.act.gov.au and www.health.gov.au) but make sure you take some breaks from the news as well.



Try some new activities to relax such as yoga, meditation, and mindfulness.



Keep in touch with family and friends through video chat, email, phone calls, and texts. If you are catching up for a yarn then make sure the group is not too big.



This is a good opportunity to keep yourself healthy and strong. Eat healthy food and get regular exercise, and consider cutting back on things like smoking and drinking alcohol to improve your health.



Remember that staying home when you are sick (except if you need to seek medical care) helps protect Elders and other vulnerable people in our community.



Try to be kind to others. Remember this is a hard time for lots of people.



Check in with Elders when you can.



Ask for help if you are not feeling good by calling:

- » **Winnunga Nimmityjah** (02) 6284 6222
- » **Beyond Blue** 1300 22 4636
- » **Lifeline** 13 11 14
- » **Kids helpline** 1800 55 1800
- » **1800 Respect** 1800 737 732



Talk to kids about their worries.

Remember that our culture keeps us strong. We have survived a lot already.



ACT
Government

ACT Health

COVID-19
SLOW THE
SPREAD

*Let's keep our community
safe, strong and healthy.*

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