

Friday, 12 February, 2021

Beyond Blue reminds Victorians support is always available during next phase of restrictions

Beyond Blue is reminding Victorians the **Coronavirus Mental Wellbeing Support Service** is available to provide mental health and wellbeing support for those affected by the re-introduction of tighter COVID-19 restrictions.

Beyond Blue Lead Clinical Adviser Dr Grant Blashki said feelings of anxiety were a normal response to uncertainty and stress, and the Coronavirus Mental Wellbeing Support Service offered advice and support about ways to cope.

“News of further restrictions in Victoria will be distressing for many people given what they experienced last year,” Dr Blashki said.

“But let’s remember, we’ve done this before, so we know what to do this time around. We have already established new routines and ways to cope so in some ways, we’re going into this with more clarity than we did last year when we first faced this issue.

“If 2020 taught us anything, it’s that Victorians are resilient and capable of overcoming these sorts of challenges.”

He said the Coronavirus Mental Wellbeing Support Service provides advice, support and information about managing your mental health and wellbeing through the pandemic. It also provides access to professional counsellors.

Among the options now available via coronavirus.beyondblue.org.au are:

- Advice and information;
- Digital tools and apps to help people manage their own mental health and wellbeing;
- A phone number for a dedicated support line staffed by mental health professionals;
- Referrals to other services and information as needed, including financial supports;
- Easy links to Beyond Blue’s online peer support forums;
- Links to emergency and crisis supports.

“Our message is don’t wait to get support and don’t assume someone else needs it more than you do. You don’t have to wait until you’re in crisis, this is a service for everybody and it’s never too early or too late to reach out,” Dr Blashki said.

Visit the Coronavirus Mental Wellbeing Support Service at bb.org.au/2KZp9wt, or call 1800 512 348 to get support now.

ENDS

The Beyond Blue Support Service is available via phone 24/7 on 1300 22 4636 or via beyondblue.org.au/get-support for online chat (3PM – 12AM AEST or email responses within 24 hours).

Contact: media@beyondblue.org.au

Beyond Blue
GPO Box 1883 Melbourne VIC 3001
Beyond Blue Support Service 1300 22 4636
www.beyondblue.org.au