

THURSDAY, 27 MAY, 2021

Beyond Blue supports Victorians through COVID-19 restrictions

Beyond Blue is reminding Victorians that the **Coronavirus Mental Wellbeing Support Service** is available to support their mental health and wellbeing during the latest period of COVID-19 restrictions.

Beyond Blue CEO Georgie Harman said skilled mental health professionals were available 24/7 at coronavirus.beyondblue.org.au and 1800 512 348, to provide mental health advice and information tailored to the pandemic.

“News of more cases and tighter restrictions will be difficult for many people in Victoria, given the events of 2020,” Ms Harman said.

“Let’s remember that we’ve overcome these challenges before, and we can do it again. Beyond Blue is here to support you through it,” she said.

“You don’t have to be in crisis to call us, Beyond Blue’s services are for everybody and it’s never too early or late to reach out.”

Beyond Blue lead clinical adviser Dr Grant Blashki said people may be experiencing feelings of distress or anxiety, and these were typical responses to uncertainty.

“These are challenging circumstances and it’s very common to feel unsettled,” Dr Blashki said.

“If those feelings become intense, persistent or begin interfering with your daily life, you may benefit from speaking to someone,” he said.

“If 2020 taught us anything, it’s that Victorians are resilient and capable of supporting each other through tough times.”

Trained mental health professionals at Beyond Blue’s Coronavirus Mental Wellbeing Support Service are briefed about the evolving public health advice and trained to link callers to other relevant services, such as those relating to financial aid, family violence support and official government COVID-19 information sources. They can make clinical referrals and escalate people to more intensive mental health care as required.

Dr Blashki encouraged people to seek out [reliable sources of information about Australia’s vaccination program](#).

“It’s welcome news that more people are going out and getting vaccinated. We understand that for some, the prospect of receiving a vaccine may bring feelings of anxiety, so it’s important to get your facts from trusted sources in order to manage any doubts, worries or fears.”

Contact: media@beyondblue.org.au

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

Reliable sources about vaccines include:

- The Australian Department of Health's [COVID-19 vaccines web page](#)
- The [National Centre for Immunisation Research and Surveillance](#)
- The [Therapeutic Goods Administration](#)
- Your GP.

ENDS

Visit the Coronavirus Mental Wellbeing Support Service at coronavirus.beyondblue.org.au, or call 1800 512 348 to get support now.

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).