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Beyond Blue reassures Western Australians that mental health support is always available

Beyond Blue is reminding Western Australians the Coronavirus Mental Wellbeing Support Service is always available to support people affected by the recent introduction of restrictions.

Beyond Blue Lead Clinical Adviser Dr Grant Blashki said support was available to people right around Australia.

Dr Blashki said feelings of loneliness, and uncertainty were common.

“These can be challenging situations and it’s normal to feel unsettled,” Dr Blashki said.

“Beyond Blue encourages people in Western Australia to contact the Coronavirus Mental Wellbeing Support Service. You don’t have to wait until you’re in crisis, you don’t have to assume someone needs support more than you, this is a service for everybody and it’s never too early or too late to reach out for support.

Trained mental health professionals are specifically 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.

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.

The new Coronavirus Mental Wellbeing Service is available 24/7 at coronavirus.beyondblue.org.au. Its dedicated phone line, staffed by mental health professionals briefed on the pandemic response, is now open on 1800 512 348.

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).