

Coronavirus Mental Wellbeing Support Service

Supporting your mental health through the pandemic

There's been a lot of change recently, and you might be feeling lonely, 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

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

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

For immediate services please phone **131 450**

