

Accessing

Mental Health Support during COVID-19

Hearing about the risks of coronavirus, physical distancing and self-isolation can be stressful. It's OK to feel worried right now, but if your concerns become persistent or excessive they can have an impact on your health and well-being.

In this flyer you will find information on accessing support during this time.

The most up-to-date and trustworthy health related information about COVID-19 is on the Australian Government Department of Health website at health.gov.au.

The Head to Health website (headtohealth.gov.au) is the best place to find information if you are worried about your health and wellbeing.

What if I am concerned about symptoms or being tested for coronavirus?

To seek help from your GP, please call ahead first or call the **National Coronavirus Helpline on 1800 020 080** to discuss your symptoms. Healthdirect (healthdirect.gov.au) also has an online symptoms checker where you can seek information about your symptoms.

If you have serious symptoms, like difficulty breathing, call 000 (triple zero) for help.

What if I am concerned about going out and want to use telehealth?

The Federal Government announced all Medicare-eligible Australians can access telehealth consultations during the coronavirus outbreak. **If you want to use telehealth for a consultation with your GP please ring them and ask.**

Your GP can link you with a Mental Health professional through a mental health treatment plan, or you can search for a psychologist on the Australian Psychological Society's Find a Psychologist website (psychology.org.au), which lists psychologists who offer telehealth services.

During the coronavirus outbreak these telehealth services are bulk billed.



Health
Sydney
Local Health District

Where can I find information and support?

Name	Phone	Website	Support offered
Phoenix Australia	n/a	phoenixaustralia.org/coronavirus-covid-19/	Information and videos on looking after yourself and your family
Black Dog Institute	n/a	blackdoginstitute.org.au	Resources for anxiety, stress and maintaining your wellbeing
Mindspot	1800 614 434	mindspot.org.au	How to maintain your physical and mental health
Headspace and eheadspace	1800 650 890	headspace.org.au/eheadspace/	Online counselling and support
QLife	1800 184 527	qlife.org.au	LGBTI peer support, counselling and referral service, phone and webchat

Where can I find support for my mental health and well-being?

The Federal Government has enhanced access to free and confidential telehealth for people experiencing distress and/or requiring mental health support:

Beyond Blue 1300 22 4636 – phone counselling and support (beyondblue.org.au)

Lifeline 131144 (lifeline.org.au)

Kids Helpline 1800 55 1800 – young people between the ages of 5-25 (kidshelpline.com.au)

Bulk Billed GPs and Mental Health Care Plans via telehealth

There are online forums available to help you stay connected:

Online forums are a good way to make connections, share experiences and access support from people with similar experiences to you:

Beyond Blue has a specific online forum on coping during Coronavirus (beyondblue.org.au/get-support/online-forums)

SANE Australia has *Lived Experience and Carer forums* for mental health support, with topics on Coronavirus (saneforums.org)

ReachOut – online peer support forums for young people 14-25 years old and parents (forums.au.reachout.com)

What Mental Health Services can I access through Sydney Local Health District?

We've all had to make some changes during COVID-19. It is OK to keep seeking help for your mental health issues during this time. While the service might be delivered differently, for example by telephone, the restrictions are not meant to stop you receiving mental health care.

During this time, Sydney Local Health District Mental Health Services are continuing to provide mental health care for our community. To reduce risks some contact has moved to telehealth. All referrals including acute mental health are managed through our central line 1800 011 511.

Our aim is to support you in your home or community environment. This will help keep everyone safe, and assist our hospital staff to cope with increasing demands from coronavirus in our hospitals.

What do I do in a mental health emergency?

If it is a mental health emergency and there is an immediate threat to you, your family member or someone else's safety, call 000 (triple zero).

If you or your family member are experiencing a serious and urgent Mental Health crisis, call the **Mental Health Line on 1800 011 511** and a mental health clinician will speak to you. This is a 24-hour seven days a week call line that puts you in touch with your local mental health service. The clinician will give you access to expert mental health advice, and can put you in contact with the local mental health acute care service.

In an emergency your local Hospital Emergency Department can review your physical and mental health needs.