

Coronavirus: looking after your mental health



The current coronavirus situation is impacting business and employment. Because of this, some people may be experiencing mental health issues.

Here are some things you can do:

1. Ask your family, friends and staff and work colleagues if they're okay
2. If someone is showing signs of stress and they want to talk about it with you, listen to them
3. Let others know how you feel
4. Let people know that there is professional assistance available, and provide contact details.

Helpful contacts:

Beyond Blue

▶ beyondblue.org.au

Heads up

▶ headsup.org.au

Lifeline

▶ lifeline.org.au

**For immediate crisis support,
call Lifeline on 13 11 14.**