

Accessing mental health and alcohol and other drug support during COVID-19

COVID-19 has rapidly changed the way we live our lives and many people are understandably feeling worried, anxious or afraid as steps are introduced to stop its spread.

Drinking alcohol and using illicit or prescription drugs to cope with stress or to alleviate boredom can lower our immunity and make our fears, frustrations and anxieties even worse.

Now more than ever it is important to take care of your own health and wellbeing and support the people around you.

If you are experiencing difficulties with anxiety, stress, depression or low mood there are many trusted, high-quality services that offer a mix of self-guided resources and online connection to professionals you can access free from home.

GENERAL MENTAL HEALTH

Head to Health

headtohealth.gov.au

Navigation platform for links to Australian online and phone supports.

Beyond Blue

beyondblue.org.au

Online resources, webchat, phone calls, forums

Mindspot

mindspot.org.au T 1800 614 434

Free online clinic, resources, and courses

GENERAL MENTAL HEALTH (cont)

Black Dog Institute

blackdoginstitute.org.au

Online resources and online clinic.

Think Mental Health

thinkmentalhealthwa.com.au

Dedicated COVID-19 and mental health information, as well as tips on self-care and wellbeing strategies.

CHILDREN AND YOUNG PEOPLE

Kids Helpline

kidshelpline.com.au T 1800 55 1800

Phone, webchat and email counselling.

headspace

headspace.org.au T 1800 650 890

Phone, webchat and email counselling.

ReachOut

au.reachout.com

Online coronavirus resources.

PARENTS

Emerging Minds

emergingminds.com.au

Resources, webinars and tool kits for children and their families.

PARENTS (cont)

The Brave Program

brave4you.psy.uq.edu.au/child-program

Free online program for parents.

PANDA

www.panda.org.au

Resources and help for new parents.

MEN

Mensline

mensline.org.au T 1300 78 99 78

Resources, phone and online counselling for men with families and relationship concerns.

OLDER ADULTS

Mindspot - Wellbeing Plus

mindspot.org.au/wellbeing-plus-course

T 1800 614 434

An online program for stress, worry, anxiety and depression in adults aged 60 and above.

ABORIGINAL PEOPLE

Mindspot - Indigenous Wellbeing

mindspot.org.au/indigenous-wellbeing

T 1800 614 434

A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.

ALCOHOL AND OTHER DRUGS

Alcohol. Think Again

alcoholthinkagain.com.au

Fact sheets and online tools to help you understand how much you are drinking.

ALCOHOL AND OTHER DRUGS (cont)

Alcohol and Drug Support Line

A confidential, non-judgmental 24/7 phone service for anyone seeking help for their own or another person's alcohol or drug use.

Perth Metro T (08) 9442 5000

Country WA T 1800 198 024

Hello Sunday Morning- Daybreak

An online program that helps you change your relationship with alcohol.

hellosundaymorning.org/daybreak

T 1300 403 196

24-HOUR CRISIS AND SUICIDE RISK

Lifeline

24/7 telephone crisis support.

lifeline.org.au T 13 43 57

Suicide Call Back Service

suicidcallbackservice.org.au T 1300 659 467

Online counselling, video chat and phone services.

MORE INFORMATION AND SUPPORT

Talk to your GP or local pharmacist about accessing professional support near you, or visit mycommunitydirectory.com.au to find local health and community services.

For the latest COVID-19 information in WA, phone 13COVID (T 132 68 43). This includes information for people experiencing COVID-19 symptoms, those in self-isolation, and the latest on travel restrictions.