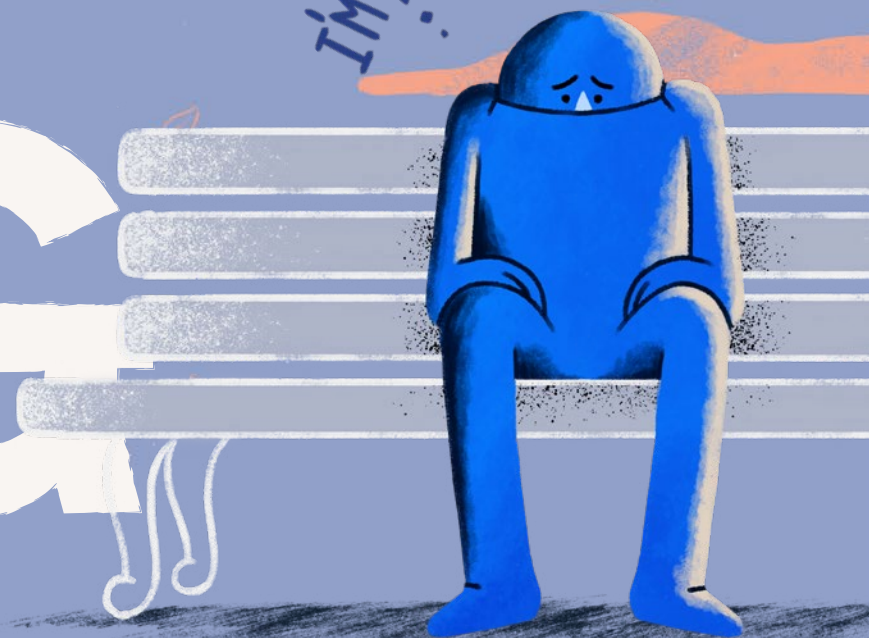


# HOW ARE YOU FEELING TODAY?

I'M  
MOODY



I'M FLAT



A MESS



*Looking after our mental health is as important as looking after our physical health. It's ok to ask for help if you are not feeling yourself.*

*There are some things you can do to feel better, like staying connected, being active, talking with family, friends and neighbours and making a new daily routine.*

 Information  Advice  Professional Support  
Visit [headtohealth.gov.au](https://headtohealth.gov.au)

If you don't speak English you can call the Translating and Interpreting Service on 131 450.



**Australian Government**





# How are you feeling today?

The impacts of the coronavirus have made many of us feel stressed or alone. You may also be concerned about your family and friends overseas. You can talk to a friend or relative about your worries, or a health professional.

The following are signs you might need to seek help:



Feeling stressed or worried



Changes in your mood (feeling sad, angry or scared)



Finding it hard to concentrate or remember things



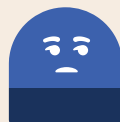
Having trouble sleeping (sleeping less or too much)



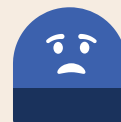
Changes to eating (eating more or less than usual)



Feeling more upset than usual



Feeling like you do not want to see friends or be around other people



Feeling isolated or lonely

It is important we all take care of our mental wellbeing and physical health.

It is ok to ask for help if you are not feeling yourself.

Many people are feeling the same and you are not alone.

## Where can you get help?

If you are finding it hard to cope with your everyday life, contact your local doctor who can explain the steps you can take.



**National Translating and Interpreting Service 131 450**

Call for a free and confidential interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

**Coronavirus Mental Wellbeing Support Service 1800 512 348**

Trained health professionals who can help you over the phone.

It is free and available 24 hours a day, 7 days a week.

Go to [headtohealth.gov.au](https://headtohealth.gov.au) for helpful information and resources in your language, and professional support.



# Looking after your mental health and wellbeing

The impacts of the coronavirus have made many of us feel worried, stressed or alone. You may also be concerned about family and friends overseas. It is important to take care of your mental wellbeing and physical health.

## What can you do?



### Keep in touch with family and friends

Talking to family, friends, or religious leaders about how you are feeling can help you feel better. Stay connected on the phone or via video call.



### Get enough sleep

Sleep is important for physical and emotional health. Most adults need 7 to 8 hours sleep per night and 9 to 11 hours per night for children/teenagers.



### Reduce alcohol and smoking

Avoid or reduce your use of alcohol and tobacco.



### Take a break from social media

Too much time on social media can impact how you are feeling. Taking a break can help you feel better.



### Stay active and eat healthy

Keeping healthy is good for your mind and body. Stay active by going for a walk, visiting the local park, or exercising at home. Eat healthy foods like fruit and vegetables. Limit high sugar snacks and drinks.



### Make yourself available

Call a friend you have not spoken to in a while, offer to help someone else in the community or your neighbours. Check on someone you know is finding life difficult at the moment.



### Create a regular routine

Plan your day so you have time for household chores and work. Make sure you connect with others, do activities you enjoy and make time to rest. Have regular bedtime and mealtimes.



### Seek help

If you are having problems, ask for help before things get too bad. Religious and community leaders can support you. You should also seek help from a health professional.

## Where can you get help?



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