



# VETERINARY SURGEONS BOARD OF SOUTH AUSTRALIA

## Looking after your mental health and wellbeing during the COVID-19 pandemic

Beyond Blue and Lifeline offer advice to the community about looking after mental health and wellbeing during the COVID-19 pandemic.

Beyond Blue: <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Lifeline: <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

The Beyond Blue and Lifeline websites include useful information and advice about:

- Trying to maintaining perspective
- Managing your exposure to media coverage
- Accessing good quality information about COVID-19
- Trying to maintain a calm yet cautious approach
- Trying not to make assumptions
- Strategies to cope with social distancing, self-isolation and quarantine
- Staying connected and actively managing your wellbeing
- Talking to children and young people about COVID-19
- Support available for people experiencing financial hardship
- Counselling support services available:
  - Lifeline: 13 11 14 - 24 hours a day, 7 days a week
  - Lifeline Text: 0477 13 11 14 - 6pm – midnight (AEDT), 7 nights a week
  - Lifeline webchat: 7pm – midnight (AEDT), 7 nights a week
  - Kids Helpline – for children that may need support: 1800 55 1800 - <https://kidshelpline.com.au>
  - Beyond Blue: 1300 22 4636 - <https://beyondblue.org.au>