

Mental health impacts of coronavirus (COVID-19)

It's normal to feel uncertain, anxious or overwhelmed when there is a health event happening in the community that is affecting people's wellbeing, such as COVID-19.

This can affect people through isolation from loved ones and usual supports, changes to normal daily routines, changes to or loss of work, difficult financial situations, as well as anxiety about becoming unwell.

Potential mental health impacts can include:

- > increased anxiety for self and others (this can be expressed as a fear for one's own health, and a fear of infecting others)
- > feeling lonely, disconnected, and/or socially isolated
- > feeling uncertain about the future
- > experiencing changes to work, study or care-giving responsibilities
- > feeling agitated or short-tempered and less patient, kind and understanding of others
- > feeling a loss of control.

Most people will manage with the support and care of family and friends, but others may need some extra help to keep things on track.

Below are some practices to maintain positive mental health:

- > Try to maintain a daily routine.
- > Connect with family and friends or other supports in your community.
- > Look after yourself through regular exercise and healthy meals.
- > Don't over-indulge in alcohol or comfort foods.
- > Make sure you have time out to relax, unwind and do activities that you enjoy.
- > Have a range of self-care strategies like cups of tea, time with your pets, getting outside in the sunshine or reading a book.
- > Try to minimise exposure to the extensive COVID-19 content on Social Media – ensure you have access to accurate and current information from reliable sources.
- > Practice mindfulness. Visit www.openyourworld.sa.gov.au for more information about practicing mindfulness.
- > Below are some services for you to seek support if you need.



South Australian Virtual Support Network services:

- > **SA COVID-19 Mental Health Support Line** 8am to 8pm, 7 days a week
(delivered by Uniting Communities' mental health counsellors)
Phone: 1800 632 753
Online chat: www.SACOVIDMentalHealth.org.au
- > **ASKPEACE** 9am to 5pm, Monday to Friday
(a mental health support line for culturally and linguistically diverse consumers)
Phone: (08) 8245 8110
www.rasa.org.au/services/all-services/askpeace/
- > **Thirrili** 9am to 5pm, Monday to Friday
(a mental health support line for Aboriginal and Torres Strait Islander consumers)
Phone: 1800 841 313
www.thirrili.com.au
- > **Support for carers - UnitingCare Wesley Bowden** 9am to 5pm, Monday to Friday
(supports carers (14 years and over) caring for an adult with a mental illness)
Phone: (08) 8245 7196
Email: customer@ucwb.org.au
- > **Lived Experience Telephone Support Service** 5pm to 11:30pm, 7 days a week
(a peer support line delivered by people with lived experience of mental health)
Phone: 1800 013 755
Online chat: www.letss.org.au
- > **Affordable SA** 9:30am to 8pm, Monday to Thursday and 9:30am to 4:30pm Friday
(financial counselling, mental health support and material assistance)
Phone: 1800 025 539
www.affordable.sa.com.au
- > **Parent Helpline** 24 hours, 7 days a week
(provides information and support for parents under the age of 12)
Phone: 1300 364 100

Other telephone and online supports:

- > **Regional Access Program** (country areas) 24 hours a day, 7 days a week
1300 032 186
<https://saregionalaccess.org.au>
- > **Beyond Blue**
1300 224 636
www.beyondblue.org.au
- > **Lifeline Australia**
13 11 14
www.lifeline.org.au

For people under 25 years of age:

- > **Child and Adolescent Mental Health Service (CAMHS) Monday to Friday, 9am to 5pm, excluding public holidays (for people under 16 years)**
1300 222 647
- > **Kids Helpline (for people between 5-25 years of age)**
1800 551 800
- > **headspace (for people between 12-25 years of age)**
1800 650 890

If you or someone you know is experiencing any of the following, please seek professional support:

- > finding it difficult to participate in normal daily activities
- > loss of hope or interest in the future
- > experiencing an overwhelming sense of fear or sadness that is severe or lasting too long.

Contact your GP for a Telehealth appointment to consider whether a mental health treatment plan for access to low cost or no cost counselling or psychology services would be helpful.

For people experiencing significant mental health impacts or those who need more immediate support:

- > **Mental Health Triage - 13 14 65**
Available 24 hours a day, 7 days a week (country and metropolitan areas)
- > **Is it an emergency?**
If you or someone you know is at immediate risk of harm, call **triple zero (000)**

For more information

Information updated 2 December 2020

Please check the latest version of factsheet at:
www.sahealth.sa.gov.au/COVID2019