

Mental health impacts of coronavirus (COVID-19)

It's normal to feel stress and worry when there is a health event happening in the community that is affecting people's wellbeing, such as COVID-19.

This can affect anyone in the community who is worried about the virus, with more specific concerns for people being tested, people in self-isolation or quarantine and people who have tested positive for COVID-19.

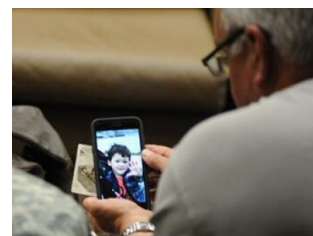
Family and friends can also experience similar impacts to their mental health and wellbeing.

Potential mental health impacts are:

- > increased anxiety or concern 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 a range of different emotions, such as increased stress, sadness, frustration, or hopelessness
- > feeling like (or experiencing) people viewing you in a negative way because of the situation
- > experiencing changes to work, study or care-giving responsibilities
- > impact to normal daily routine.

Isolation can be particularly challenging, below are some home practices to look after your mental health and wellbeing:

- > Maintain a daily routine as much as possible, including your normal sleep routine.
- > Stay connected with family and friends through technology e.g. Skype, Facetime and other technology can be helpful.
- > Look after your physical health through regular healthy meals.
- > Don't over-indulge in alcohol or comfort foods.
- > Be aware of overexposure to news sources or social media. Keeping informed can be helpful, but repeated bulletins about COVID-19 may be overwhelming.
- > Be aware that your mood or feelings may change, including periods of sadness, anxiety, frustration, uncertainty or fear. If these symptoms are overwhelming and are not going away, seek help.
- > As much as possible, continue doing activities at home that you enjoy.
- > Access internet or phone based support if you need.



South Australian Virtual Support Network services:

- > **SA COVID-19 Mental Health Support Line** 8am to 8pm, 7 days a week
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**
(a mental health support line for Aboriginal and Torres Strait Islander consumers)
Phone: 1800 841 313
www.thirrili.com.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
- > **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
- 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
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 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 1 December 2020

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