



It is important that you look after yourself, family, neighbours and friends, and access mental health and counselling services if required. The following people may be particularly vulnerable:

Elderly

Isolated

Have a pre-existing mental illness

Have a history of trauma

Experiencing a recent bereavement

It is completely normal to experience a range of emotions, which may be experienced immediately, or sometimes much later, and may include:

Overwhelming anxiety or fear

Persistent sleep disturbance

Distress that is interfering with your ability to carry out day-to-day activities

Panic symptoms (e.g. racing heart, lightheaded, breathing difficulties)

Talk to your general practitioner or regular health care provider if you are experiencing health concerns or persistent mental health issues impacting your day-to-day life.

The following are free services available 24 hours a day, seven days a week:

Lifeline Australia: 13 11 14

A crisis support service that provides short term support at any time for people who are having difficulty coping or staying safe.

Beyond Blue: 1300 224 636

Available by phone or online via chat or email, to provide support on a range of mental health issues.

MensLine Australia: 1300 78 9978

A counselling service for men.

Kids Helpline: 1800 551800 or Kids Helpline

A free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25 years.