WEBSITES COPING WITH COVID



Coronavirus mental wellbeing support service

https://coronavirus.beyondblue.org.a u/?utm_campaign=hp_banner

Mental health and wellbeing during the COVID-19 outbreak:

https://www.lifeline.org.au/get-help/information-and-support/covid-19/





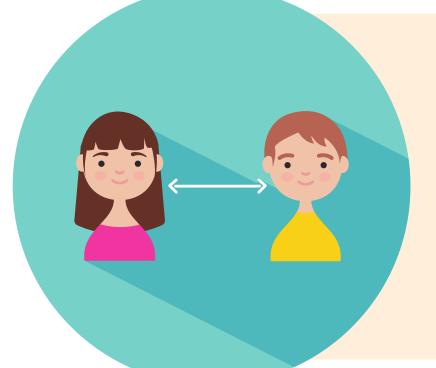
Coping during COVID-19 https://au.reachout.com/collections/

coping-during-coronavirus

Suporting you through the COVID-19 Pandemic

https://thiswayup.org.au/covid-19/





Covid-19 and Mental Health:

https://www.healthdirect.gov.au/covid-19-and-mental-health#information

PHONE APPS COPING WITH COVID



Smiling Mind APP
A daily mindfulness and meditation
guide at your fingertips

Shine: Self-Care and Meditation APP
Build more skills to care for your
mental health.



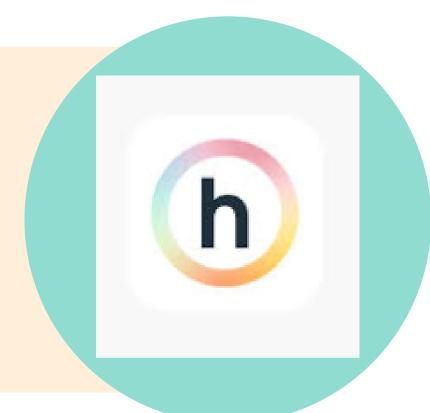


MindShift CBT - Anxiety Relief APP

Manage your anxiety,

relax & be mindful

Happify: for Stress and Worry APP
Overcome negative thoughts, stress
and life's challenges





Moodfit
Fitness for your mental health