



Who can I talk to if I'm anxious about COVID?

1

Corona Virus Mental Wellbeing
Support Service
Beyond Blue- 1800 512 348

2

Lifeline- 24 hr crisis hotline
131 114

3

Kids Helpline
1800 551 800

4

Suicide Call Back Service
1300 659 467

5

Mental Healthline
1800 011 511

If English is not your first language you can call TIS on 131 450 to speak with an interpreter

For more information or websites related to COVID help go to:
<https://www.healthdirect.gov.au/covid-19-and-mental-health>