

Mental Health Resources During COVID

During the COVID-19 lockdown, you may be worried about the mental health of the person you care for. This factsheet covers some resources available to support them. If you do not live with the person you care for, you may find this factsheet useful: **Cues to listen out for while caring for people during COVID-19** (<https://bit.ly/3zeiAKp>)

- If you are worried they may harm themselves or someone else, **call Triple 000 immediately**
- If immediate mental health support and assistance is required, **call Access Mental Health on [1800 629 354](tel:1800629354) or [02 6205 1065](tel:0262051065).**

What support is available for people who have begun to feel anxious and/or depressed?

There are a lot of options ranging from self-help to professionally guided. A good starting point is [Head to Health](#) or the online resources on the back of this page. Digital mental health resources are most useful for people with mild to moderate mental illness, however they can also be useful for those with more severe and persistent mental health issues.

What support is available for people whose mental health symptoms are increasing symptoms and whose daily life is becoming more affected?

Make an appointment with their GP or health care provider. Ask about a GP mental health plan and access to a psychologist through the [Better Access initiative](#). Both GPs and Psychologists are considered essential services during lockdown.

Another support option is Next Step. Next Step is a free program for people experiencing mild, moderate and severe mental health issues. Next Step Coaching Services in the ACT are offered by CatholicCare and you can find more information at catholiccare.cg.org.au/services/next-step/

I'm still not sure... when do I phone Access Mental Health?

If you or the person you care for is in immediate need of mental health support, you should call Access Mental Health. Access Mental Health is the central point of entry to access specialist mental health services in the ACT and are available 24 hours a day, 7 days a week. Call them on **1800 629 354** or **02 6205 1065**. They can provide referral to the most appropriate mental health service for your needs.

Online Mental Health Supports

- **Head to Health** (headtohealth.gov.au) – the digital mental health gateway, is an important source of digital service options to contribute to a stepped care approach.
- **Mind Spot** (mindspot.org.au) – a digital mental health clinic, funded by the Australian Government, offering free online treatment courses
- **eheadspace** (headspace.org.au/eheadspace)– free online resources for young people 12 – 25 and their families and friends.
- **This Way Up** (thiswayup.org.au)– self-paced online courses that teach clinically-proven strategies to manage mental wellbeing

Mental Health Hotlines

- **Beyond Blue Coronavirus Support Service** – call **1800 512 348** for 24/7 mental health support related to the coronavirus pandemic. Online chat and forums are available at coronavirus.beyondblue.org.au
- **Lifeline** – call 13 11 14 for this free, Australia-wide crisis support and suicide prevention service. SMS support is available from 12pm to midnight at **0477 13 11 14**. Online crisis chat is available from 12pm to midnight at lifeline.org.au/crisis-chat/
- **Suicide Call Back Service** – call **1300 659 467** for this free service for people having suicidal thoughts or for family or friends affected by suicide
- **Kids Help Line** – call **1800 55 1800** for free counselling for young people between the ages of five and 25
- **Eheadspace** – provides free online and telephone support and counselling to young people 12 – 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help – **1800 650 890**
- **Mensline Australia** – call **1300 78 99 78** to access this free telephone support service for men with family and relationship issues
- **beyondblue**– call **1300 22 4636** for support for issues relating to anxiety and depression
- **QLife** – call **1800 184 527** for anonymous and free LGBTI peer support and referral from 3pm to midnight every day

For Carers

All of the above services can also be accessed by carers seeking support.

- Carer Gateway Counselling Service phone **1800 422 737**
- Mental Health Carer Helpline on **1300 554 660** run by Mind Australia