

# Accessing mental health and alcohol and other drug support during COVID-19

COVID-19 has rapidly changed the way we live our lives and many people are understandably feeling worried, anxious or afraid as steps are introduced to stop its spread.

Drinking alcohol and using illicit or prescription drugs to cope with stress or to alleviate boredom can lower our immunity and make our fears, frustrations and anxieties even worse.

Now more than ever it is important to take care of your own health and wellbeing and support the people around you.

If you are experiencing difficulties with anxiety, stress, depression or low mood there are many trusted, high-quality services that offer a mix of self-guided resources and online connection to professionals you can access free from home.

## GENERAL MENTAL HEALTH

### Head to Health

[headtohealth.gov.au](http://headtohealth.gov.au)

Navigation platform for links to Australian online and phone supports.

### Beyond Blue

[beyondblue.org.au](http://beyondblue.org.au)

Online resources, webchat, phone calls, forums

### Mindspot

[mindspot.org.au](http://mindspot.org.au) T 1800 614 434

Free online clinic, resources, and courses

## GENERAL MENTAL HEALTH (cont)

### Black Dog Institute

[blackdoginstitute.org.au](http://blackdoginstitute.org.au)

Online resources and online clinic.

### Think Mental Health

[thinkmentalhealthwa.com.au](http://thinkmentalhealthwa.com.au)

Dedicated COVID-19 and mental health information, as well as tips on self-care and wellbeing strategies.

## CHILDREN AND YOUNG PEOPLE

### Kids Helpline

[kidshelpline.com.au](http://kidshelpline.com.au) T 1800 55 1800

Phone, webchat and email counselling.

### headspace

[headspace.org.au](http://headspace.org.au) T 1800 650 890

Phone, webchat and email counselling.

### ReachOut

[au.reachout.com](http://au.reachout.com)

Online coronavirus resources.

## PARENTS

### Emerging Minds

[emergingminds.com.au](http://emergingminds.com.au)

Resources, webinars and tool kits for children and their families.



**WA Primary  
Health Alliance**

**phn**  
PERTH NORTH, PERTH SOUTH,  
COUNTRY WA  
An Australian Government Initiative

## PARENTS (cont)

### The Brave Program

[brave4you.psy.uq.edu.au/child-program](http://brave4you.psy.uq.edu.au/child-program)

Free online program for parents.

### PANDA

[www.panda.org.au](http://www.panda.org.au)

Resources and help for new parents.

## MEN

### Mensline

[mensline.org.au](http://mensline.org.au) T 1300 78 99 78

Resources, phone and online counselling for men with families and relationship concerns.

## OLDER ADULTS

### Mindspot - Wellbeing Plus

[mindspot.or.au/wellbeing-plus-course](http://mindspot.or.au/wellbeing-plus-course)

T 1800 614 434

An online program for stress, worry, anxiety and depression in adults aged 60 and above.

## ABORIGINAL PEOPLE

### Mindspot - Indigenous Wellbeing

[mindspot.org.au/indigenous-wellbeing](http://mindspot.org.au/indigenous-wellbeing)

T 1800 614 434

A course for Aboriginal and Torres Strait Islander adults to learn to manage symptoms of depression and anxiety.

## ALCOHOL AND OTHER DRUGS

### Alcohol. Think Again

[alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)

Fact sheets and online tools to help you understand how much you are drinking.

## ALCOHOL AND OTHER DRUGS (cont)

### Alcohol and Drug Support Line

A confidential, non-judgmental 24/7 phone service for anyone seeking help for their own or another person's alcohol or drug use.

Perth Metro T (08) 9442 5000

Country WA T 1800 198 024

### Hello Sunday Morning- Daybreak

An online program that helps you change your relationship with alcohol.

[hellosundaymorning.org/daybreak](http://hellosundaymorning.org/daybreak)

T 1300 403 196

## 24-HOUR CRISIS AND SUICIDE RISK

### Lifeline

24/7 telephone crisis support.

[lifeline.org.au](http://lifeline.org.au) T 13 43 57

### Suicide Call Back Service

[suicidcallbackservice.org.au](http://suicidcallbackservice.org.au) T 1300 659 467

Online counselling, video chat and phone services.

## MORE INFORMATION AND SUPPORT

Talk to your GP or local pharmacist about accessing professional support near you, or visit [mycommunitydirectory.com.au](http://mycommunitydirectory.com.au) to find local health and community services.

For the latest COVID-19 information in WA, phone 13COVID ( T 132 68 43). This includes information for people experiencing COVID-19 symptoms, those in self-isolation, and the latest on travel restrictions.