OZHELP
Health & Wellbeing at Work

Tackle uncertainty with a plan.

The Covid-19 pandemic has caused widespread disruption. Australia's new 'normal' doesn't feel normal and it's not unusual to be feeling concerned about the unfolding situation.

During times of uncertainty it's important to remember that with a simple plan you can take control of your mental health and wellbeing whilst looking out for those around you. Here's our top 5 tips to help you get started:

Stay alert, not alarmed.

By following social distancing and sanitation guidelines you will support your own health and the broader community response.

Look after your physical health.

Ensure you have a healthy diet, good water intake, plenty of rest, and enough exercise to benefit overall wellbeing and lift moods.

Avoid too much media coverage.

Avoid being overwhelmed by negative media stories. Consider accessing media less frequently, and sticking to reliable sources with positive messages.

Stay positive. Think of the good.

Remind yourself of the good in the world, set goals for the future and minimise negative self-talk.

Check-in with others and stay connected.

Keep up conversations. Check-in with loved ones and others. Messages, online forums and phone/video calls all count.

Need help?

You don't have to go it alone, support is available.

OzHelp: 1300 694 357 (Weekdays, 9am - 5pm)
Lifeline: 13 11 14 (24/7)
Beyond Blue: 1300 22 4636
Kids Helpline: 1800 55 1800
National Coronavirus Helpline: 1800 020 080

Australian Government COVID-19 Health Alert: Dedicated website updated regularly with recent alerts and health information. www.health.gov.au

Head to Health: Mental health information and resources: www.headtohealth.gov.au/covid-19-support

1300 694 357 | ozhelp.org.au | info@ozhelp.org.au

Please note: The information in this factsheet is not intended to be a substitute for specific independent health advice, nor is it intended as a self-treatment program. Such decisions should be made in consultation with a health professional.