Wellbeing check-in tools during COVID

**SuperFriend:**  <https://www.superfriend.com.au/covid-19-support/wellbeing-self-check-in/>

**Black Dog:** <https://www.blackdoginstitute.org.au/news/news-detail/2020/04/03/your-weekly-personal-mental-health-check-in-during-coronavirus>

COVID-19 info and support websites

Life in Mind

<https://lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19>

‘[Life In Mind](https://www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19)’ and the ‘National Mental Health Commission’ have developed a landing page consolidating resources available in to one spot, which is updated regularly.

## OzHelp

<https://ozhelp.org.au/covid-19-update/>

This page lists the services OzHelp provides to support people during COVID 19: talk to a wellbeing support officer; book an online team talk; get a program of support for your people; and other resource. This site also provide links to ‘media updates’ from credible organisations such as the WHO, smart traveller (DFAT), and the Aust. Dept of Health.

Red Cross

<https://www.redcross.org.au/coronavirus>

Elaborates on 4 steps to protect yourself and help prevent the spread of coronavirus:

1. Know - facts about COVID-19
2. Check in – with links to help with:

* [Looking after your mental wellbeing during the COVID-19 pandemic](https://www.redcross.org.au/stories/covid-19/covid-19-and-your-mental-wellbeing)
* [Ways to help families stay happy and hopeful during self-isolation](https://www.redcross.org.au/stories/covid-19/coronavirus-tips-for-self-isolating)
* [Talking to children and young people about COVID-19](https://www.redcross.org.au/stories/covid-19/talking-to-kids-about-covid-19)
* [fight the spread of harmful myths](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters).

1. Organise
2. Act

Beyond Blue

<https://coronavirus.beyondblue.org.au/>

This comprehensive site has links to info about/for:

* small business owners
* working from home
* talking to kids
* health workers
* staying connected (includes an online forum for sharing experiences of coping)
* staying positive if you have lost your job; keeping routine; sleep; offsetting loneliness

Reach Out

<https://au.reachout.com/collections/coping-during-coronavirus>

links to info about/for:

* dealing with uncertainty
* dealing with bad world news
* practicing gratitude
* mindfulness
* tips for dealing with change
* creative ways young people are coping with COVID

Phoenix

<https://www.phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Families-tip-sheet.pdf>

Tip sheet on:

* staying informed
* staying healthy and calm
* helping children
* self-isolation/quarantine
* when to seek help

Dept of Health, Federal Government

<https://headtohealth.gov.au/covid-19-support/covid-19>

Lots of resources, including

* where to get [the facts](https://headtohealth.gov.au/covid-19-support/covid-19#covid-19-the-facts) about the COVID-19 outbreak
* tips for [maintaining good mental health](https://headtohealth.gov.au/covid-19-support/covid-19#maintaining-good-mental-health), information
* how to [access mental health services](https://headtohealth.gov.au/covid-19-support/covid-19#how-to-access-mental-health-services)
* information [for parents](https://headtohealth.gov.au/covid-19-support/covid-19#information-for-parents)
* how to [keep older Australians safe and connected](https://headtohealth.gov.au/covid-19-support/covid-19#protecting-our-elderly) by helping them get established online
* relies on MindSpot info (below) for tips on managing mental health

Mindspot

<https://mindspot.org.au/coronavirus>

Provides lots of info through the following links:

* Free telephone counselling
* Maintaining mental wellbeing during the pandemic
* Maintaining mental wellbeing for people working on the frontline
* health alerts and advice
* Restrictions and safety advice
* Financial support
* Community advice
* telehealth guide for health professionals

BlackDog

<https://www.blackdoginstitute.org.au/coronavirus-anxiety-resources>

* Articles on fear, kids and screen time, sleep, exercise)
* digital tools (for MH assessment, self-help, guided meditation)
* Webinars – MH and COVID series
* Info and resources on anxiety
* Support for: young people, people working from home

Lifeline

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

* Gives general coping tips and links on where to go for help
* Specific advice on social isolation/quarantine/staying connected

DHHS

<https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19>

* Videos
* [Tips for staying calm and healthy](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#tips-for-staying-calm-and-healthy)
* [Staying positive](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#staying-positive)
* [Staying connected](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#staying-connected)
* [For those in self-isolation or quarantine](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#for-those-in-self-isolation-or-quarantine)
* [Conversations with children and young people](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#conversations-with-children-and-young-people)
* [For Victorians aged 17-25](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#for-victorians-aged-17-25)
* [Conversations with older Victorians](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#conversations-with-older-victorians)
* [Who to call to get help](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#who-to-call-to-get-help)
* [Resources](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19#resources) – info for seniors, for families and parents, those in isolation and links to Beyond Blue, Phoenix and Lifeline

World Health Organisation (WHO)

[WHO COVID-19 Mental Health Considerations](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf)

Info for the public, health workers, parents and people in isolation.

Mental Health Commission

<https://www.mentalhealthcommission.gov.au/News/2020/March/COVID19-Mental-Health-Information>

Links to lots of national and international resources