Pulse
Part of Acacium Group

Covid-19
Mental Wellbeing

Maintaining a mental wellbeing during the Covid-19 pandemic is essential. This flyer is an accumulation of tips and resources to help during these difficult times.

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Tips for taking care of your mental health

The COVID-19 pandemic has greatly changed the way we live. To help keep us safe, it is likely that our lives will be different for a while. When we aren't able to see our friends and family regularly, it can be harder to keep on top of how we're feeling.

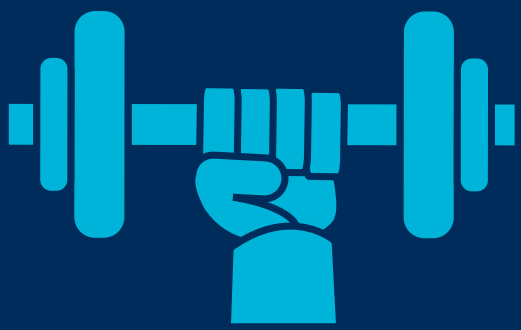
Being aware of how you're feeling and knowing what you can do to look after your mental wellbeing is an important part of staying healthy during this challenging time.

Connect with others

Maintaining social connections is important to feeling safe and well.

You can still keep in touch with family and friends while you practise physical distancing through:

- video chats
- phone calls
- online groups
- a social distanced walk outside with a loved one



Look after your physical health

Exercising and eating well help us stay physically and mentally healthy, Read more about how you can stay physically active while following physical distancing rules, and find tips on eating well at home.

Getting a good night's sleep is a really important part of staying healthy. If you're finding it hard to get to sleep, these tips might help.

Develop new home routines

We're used to having routines to guide our days and give us a sense of achievement. When so much seems out of our control, establishing some structure in our days will help to provide stability and a 'new normal'.

This is particularly challenging for families adjusting to home learning. Try to create new routines as a family to help separate 'work and school time' and 'family time'.

Download an online 'To Do' list that will allow you to plan out your days and help to maintain a daily routine.

Try new skills

Use your free time to learn a new skill. Whether it is cooking a new dish, learning how to knit, or taking an online course.

Future Learn offer free online courses in various different areas. Simply type in what you like to learn in the search and select a course you like to take.

Take time to be present

Be kind to yourself and take time just for you, even if it is just a few minutes to take some deep breaths and step outside into the fresh air.

Plan your breaks and use them to do something that makes you feel calm and happy. Set some time aside to practice mindfulness, yoga and meditation online. This not only helps you feel calmer and more centered, but it also helps you improve overall health and wellbeing.

Resources and Support

It's normal to have ups and downs, and it is important to talk about how you're feeling with family and friends. In times like these, they are likely experiencing similar feelings.

If you want to talk to someone else, but aren't sure where to start, there are many great online and phone chat support services available. Head to Health is a good place to begin, and Beyond Blue has launched a dedicated coronavirus online and phone support service.

Telehealth services

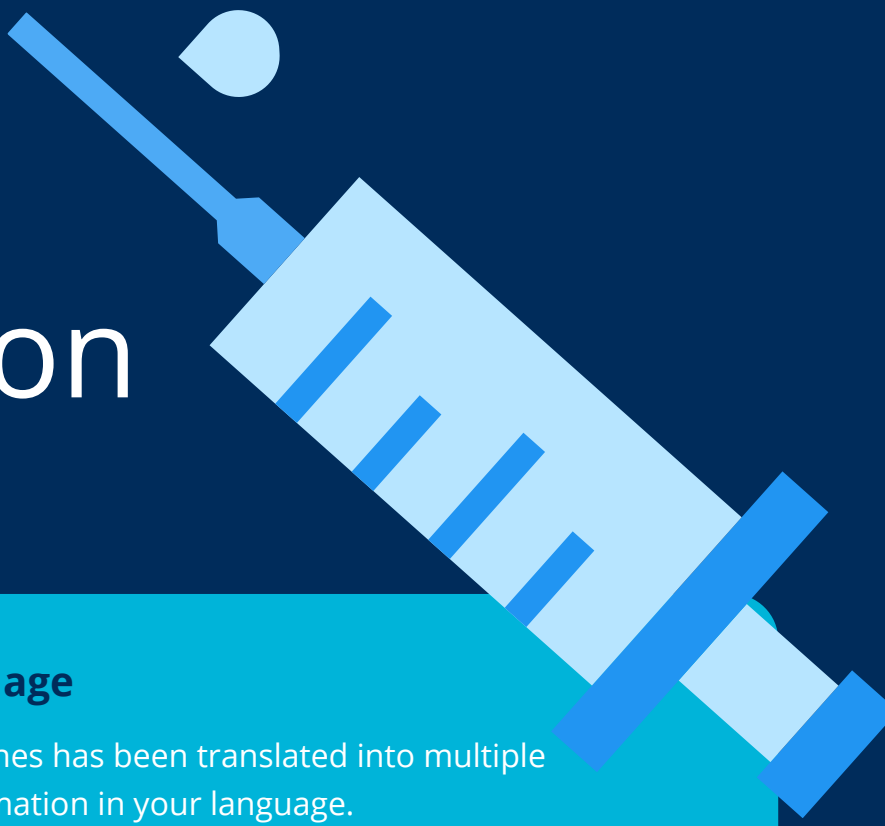
From 9 October 2020, the Australian Government will make available 10 additional Medicare subsidised psychological therapy sessions each calendar year. These extra sessions are for people experiencing severe or enduring mental health impacts from the COVID-19 pandemic, and the measures needed to contain it.

To access the additional sessions under the Better Access to Psychiatrists, Psychologists and General Practitioners through the Medicare Benefits Schedule (Better Access) initiative, you must:

- have a Mental Health treatment plan;
- have used the initial 10 individual Better Access sessions in the calendar year you sought a referral; and
- receive a referral for the additional 10 sessions from your reviewing GP, psychiatrist or paediatrician (reviewing practitioner).

Click here for more information.

Vaccine Information



Information in your language

Information about COVID-19 vaccines has been translated into multiple languages. Click here to find information in your language.

Vaccine providers

Information for COVID-19 vaccination providers, including general practices, Commonwealth Vaccination Clinics, Aboriginal and Torres Strait Islander Community Controlled Health Services, vaccination administration service providers and community pharmacies. Click here for more information.

Eligibility checker

Use the COVID-19 vaccine eligibility checker to find out when and where you can receive a COVID-19 vaccine, including your second dose.

Pandemic leave disaster payment

Please follow this link to seek payment support if you can't earn an income because you must self-isolate or quarantine, or are caring for someone with COVID-19.

Coronavirus hotline

If you suspect you may have coronavirus (COVID-19) or wish to make a vaccination appointment, call the dedicated hotline – open 24 hours, 7 days.

1800 675 398