

# Mental health impacts of coronavirus (COVID-19)

As we continue to support people through the COVID-19 health event, it is normal to feel stress and worry. It can be challenging to provide support to people that are experiencing increased stress and concern about a situation that is also affecting your life and the people around you.

The impacts of physical distancing can affect people's sense of connectedness and wellbeing. Isolation from loved ones and usual supports, changes to work or study, changes to normal daily routines, difficult financial situations as well as anxiety about becoming unwell can impact on people's mental health.

## Potential mental health impacts are:

- > increased anxiety for self and others (this can be expressed as a fear for one's own health, and a fear of infecting others)
- > feeling lonely, disconnected, and/or socially isolated
- > feeling uncertain about the future
- > experiencing disruption to work, study or care-giving responsibilities
- > feeling agitated or short-tempered and less patient, kind and understanding of others
- > feeling a loss of control
- > impact of financial, family and other social stressors.

## Potential impacts on frontline health care staff:

- > concerns about own health and wellbeing
- > work isolation
- > social isolation
- > increased stress and change in work demands
- > providing general health care to people experiencing psychological distress.

Most people will manage with the support of family and friends, but others may need some extra help to keep things on track. Below are some practices to maintain positive mental health during times of increased stress:

- > Try to maintain a daily routine.
- > Connect with family and friends or other supports in your community.
- > Look after yourself through regular exercise and healthy meals.
- > Don't over-indulge in alcohol or comfort foods.
- > Make sure you have some time out to relax and do activities that you enjoy.
- > Try to minimise exposure to the extensive COVID-19 content on Social Media – ensure you have access to accurate and current information from reliable sources.
- > Practice mindfulness. Visit [www.openyourworld.sa.gov.au](http://www.openyourworld.sa.gov.au) for more information about practicing mindfulness.



- > Seek support from the below services if you need.

### South Australian COVID-19 telephone and online supports:

- > **SA COVID-19 Mental Health Support Line** 8am to 8pm, 7 days a week  
(staffed by Uniting Communities mental health counsellors)  
Phone: 1800 632 753  
Online chat: [www.SACOVIDMentalHealth.org.au](http://www.SACOVIDMentalHealth.org.au)
- > **ASKPEACE** 9am to 5pm, Monday to Friday  
(a mental health support line for culturally and linguistically diverse consumers)  
Phone: (08) 8245 8110  
[www.rasa.org.au/services/all-services/askpeace/](http://www.rasa.org.au/services/all-services/askpeace/)
- > **Thirrili**  
(a mental health support line for Aboriginal consumers)  
Phone: 1800 841 313  
[www.thirrili.com.au](http://www.thirrili.com.au)
- > **Resource Options and Support for Carers** 9am to 5pm, Monday to Friday  
(supports carers (14 years and over) caring for an adult with a mental illness)  
Phone: (08) 8245 7196  
Email: [customer@ucwb.org.au](mailto:customer@ucwb.org.au)
- > **Carers SA**  
(for families and carers of the elderly, people with disabilities and mental illness)  
Phone: 1800 422 737  
[www.carerssa.com.au/covid-19/](http://www.carerssa.com.au/covid-19/)
- > **Lived Experience Telephone Support Service** 5pm to 11:30pm, 7 days a week  
(a peer support line delivered by people with lived experience of mental health)  
Phone: 1800 013 755  
Online chat: [www.letss.org.au](http://www.letss.org.au)
- > **Affordable SA** 9:30am to 8pm, Monday to Thursday and 9:30am to 4:30pm Friday  
(financial counselling, mental health support and material assistance)  
Phone: 1800 025 539  
[www.affordablesa.com.au](http://www.affordablesa.com.au)

### Other telephone and online supports:

- > **Beyond Blue**  
1300 224 636  
[www.beyondblue.org.au](http://www.beyondblue.org.au)
- > **Lifeline Australia**  
13 11 14  
[www.lifeline.org.au](http://www.lifeline.org.au)
- > **Regional Access Program** (country areas) 24 hours a day, 7 days a week  
1300 032 186  
<https://saregionalaccess.org.au>

For people under 25 years of age:

- > **Child and Adolescent Mental Health Service (CAMHS) Monday to Friday, 9am to 5pm, excluding public holidays (for people under 16 years)**  
1300 222 647
- > **Kids Helpline (for people between 5-25 years of age)**  
1800 551 800
- > **headspace (for people between 12-25 years of age)**  
1800 650 890

### Employee Assistance Program:

Local Health Network/Service	Provider	Telephone
Breastscreen SA	Cognition	(08) 8373 2688
	Access Programs	1300 66 77 00
Central Adelaide Local Health Network	Access Programs	1300 66 77 00
	Converge International	1300 687 327
Central Adelaide Mental Health Directorate	Edward Street Psychology	(08) 8431 9300
Department for Health and Wellbeing	Cognition	(08) 8373 2688
Northern Adelaide Local Health Network	Access Programs	1300 66 77 00
	Converge International	1300 687 327
Regional Local Health Networks	Access Programs	1300 66 77 00
	Cognition	(08) 8373 2688
	Converge International (for Kangaroo Island staff)	1300 687 327
SA Ambulance Service	Edward Street Psychology	(08) 8431 9300
Southern Adelaide Local Health Network	Access Programs	1300 66 77 00
	Converge International	1300 687 327
Statewide Clinical Support Services (SA Pathology, SA Medical Imaging, SA Pharmacy)	Access Programs	1300 66 77 00
	Converge International	1300 687 327
Women's and Children's Health Network	Access Programs	1300 66 77 00

If you or someone you know is experiencing any of the following, please seek professional support:

- > finding it difficult to participate in normal daily activities
- > loss of hope or interest in the future
- > experiencing an overwhelming sense of fear or sadness that is severe or lasting too long.

Contact your GP to consider whether a mental health treatment plan for access to low cost or no cost counselling or psychology services would be helpful.

**For people experiencing significant mental health impacts or those who need more immediate support:**

> **Mental Health Triage - 13 14 65**

Available 24 hours a day, 7 days a week (country and metropolitan areas)

> **Is it an emergency?**

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

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## For more information

Information updated 16 September 2020  
Please check the latest version of factsheet at:  
[www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)

