

Mental health impacts of coronavirus (COVID-19)

It's normal to feel stress and worry when there is a health event happening in the community that is affecting people's wellbeing, such as coronavirus disease (COVID-19).

This can affect any person in the community who is concerned about the infection, with more specific concerns arising for people being tested, people in quarantine and people who have received a diagnosis.

Family and friends can also experience similar mental health impacts.

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)
- > psychological distress
- > perceived stigmatisation
- > social isolation
- > interruption to employment or study
- > impact on normal daily routine and functioning.

Most people will manage with the support of family and friends, but others may need some extra help to keep things on track.

If you notice a change in the way that you or others around you, are thinking or feeling - below are some practices to maintain positive mental health:

- > Maintain a daily routine, even if it's different to your normal daily routine.
- > Connect with family and friends and other supports through the use of technology.
- > Look after yourself through regular exercise and healthy meals.
- > Don't over-indulge in alcohol or comfort foods.
- > Ensure you have some time out to relax and do enjoyable activities.
- > 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.
- > Below are some services for you to seek support 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
Phone: 1800 632 753
Online chat: www.SACOVIDMentalHealth.org.au
- > **COVID-19 Mental Health Peer Support Line** 5pm to 11:30pm, 7 days a week
(a peer support line delivered by people with lived experience of mental health)
Phone: 1800 022 020
Online chat: www.skylight.org.au/covid-19-support-line
- > **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/
- > **Thirrili**
(a mental health support line for Aboriginal consumers)
Phone: 1800 841 313
www.thirrili.com.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/

Other telephone and online supports:

- > **Beyond Blue**
1300 224 636
www.beyondblue.org.au
- > **Lifeline Australia**
13 11 14
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

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 for a Telehealth appointment 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)**

For more information

Information updated 9 April 2020

Please check the latest version of factsheet at:
www.sahealth.sa.gov.au/COVID2019