

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 social distancing can affect people's sense of connectedness and wellbeing. Separation from loved ones and usual supports, loss of freedom, changes to employment or study, and changes to normal daily routines 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)
- > psychological distress
- > perceived stigmatisation
- > social isolation
- > interruption to employment or study
- > impact on normal daily routine and functioning
- > 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.

There are some practices below for you to maintain positive mental health during times of increased stress:

- > try and maintain a daily routine, even if it's different to your normal routine
- > stay connected with family and friends 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 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
- > seek extra help from the below support services if you need.

Telephone and online supports:

- > **SA COVID-19 Mental Health Support Line** 8am to 8pm
(staffed by counsellors employed by Uniting Communities)
1800 632 753
- > **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:

- > **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

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 2 April 2020
Please check the latest version of factsheet at:
www.sahealth.sa.gov.au/COVID2019