WE'RE IN THIS TOGETHER.

Our mental health is equally as important as our physical health during this extraordinary time, with many of us feeling unsettled and uncertain as we work together to stop the spread of COVID-19.

During this time, it's important to do things that help us to cope and maintain good mental health. The Australian Government's Head to Health program suggests four actions individuals can take to stay mentally healthy:

1. **Stay positive**

2. **Mantain a healthy lifestyle**

3. **Access support**

4. **Stay informed from reputable sources**

If you need support, help is available.

Beyond Blue

beyondblue.org.au

1300 22 4636

Lifeline

lifeline.org.au

13 11 14

Red Cross

redcross.org.au

1300 733 276