



Mental Health Resources

Mental Health Information and Support from the Australian Government

<https://headtohealth.gov.au/covid-19-support/covid-19>

Other Online Support

Lifeline. 24-hour telephone support 13 11 14 (not COVID-19 specific)

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Many psychologists and psychotherapists offer telephone and video counselling/psychotherapy. You can ask your GP for a Mental Health Care Plan to receive subsidised visits or look up therapists in your town and ask them if they provide a sliding scale fee or a concession rate.

Loneliness Telephone and Chat line

<http://www.friendline.org.au/>

Reach out resources and forum for young people and their parents

<https://au.reachout.com/everyday-issues/isolation-and-loneliness>

Headspace provides free online support and counselling to young people 12 - 25 and their families and friends including group chat, spaces and counselling

<https://headspace.org.au/ehespace/>

Information / Tips

BeyondBlue

[Looking after your mental health during the coronavirus outbreak](#)

Lismore Helping Hands #ViralKindness - COVID-19 Mutual Aid and Resilience Tool Kit 2020

Google folder with other helpful documents [here](#).

Connect with us in our [Facebook Group](#)

We acknowledge and pay our respects to the Widjabul-Wybal people of the Bundjalung Nation, the Traditional Owners of the land that we live, work and support each other on.

CDC – Centers for Disease Control & Prevention

[Mental Health and Coping During COVID-19](#)

The University of Melbourne – Counselling & Psychological Services:

[Coronavirus \(COVID-19\): managing stress and anxiety](#)

APS – Australian Psychological Society

[Tips for coping with coronavirus anxiety](#)

Psychology Today

[How COVID-19 May Impact Mental Health](#)

[COVID-19 Fears: How to Calm a Child's Anxiety](#)

Good source of US info on Mental Health and COVID-19

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

BACP – British Association for Counselling and Psychotherapy

[Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak](#)

APA – American Psychological Association

[Psychologist leads innovative approach to tackle psychological toll of COVID-19](#)

[Speaking of Psychology: Coronavirus Anxiety](#)

The Australian Red Cross:

[Practical tips to maintain your wellbeing and manage isolation during the COVID-19 pandemic.](#)

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