



Don't be shame to ask for help

It is normal to feel worried or stressed about the Coronavirus (COVID-19). Having a yarn with friends or family can help, they might even feel better yarning with you as well. There are also many services that you can access online or over the phone:

Beyond Blue

1300 224 636 or visit beyondblue.org.au

Lifeline Australia

13 11 14 or visit lifeline.org.au

MindSpot

1800 61 44 34 or visit mindspot.org.au

Kids Helpline

1800 55 1800 or visit kidshelpline.com.au



For more information visit strongspiritstrongmind.com.au