

Taking care of your mental health during COVID-19



Stay connected

Keep in touch with friends and family via email, social media, video conferencing or telephone



Maintain a healthy lifestyle

- Establish a regular daily routine
- Get plenty of sleep and eat nutritious meals
- Engage in exercise and physical activities that you like



Stay positive

Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus



Stay informed

Obtain accurate information from reliable sources like the Australian Government and the World Health Organization



Seek support

Mental health services are available if you're feel anxious, worried or overwhelmed

