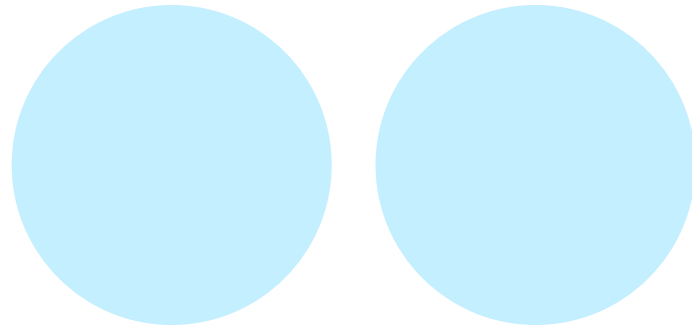


# Mental Health COVID-19



## Presenters:

**Rachael Gould-** Provisional Psychologist - Clinical Masters Candidate

**Jennifer Gripton-Corbett-** Clinical Services Coordinator & Counsellor (MCAP, Grad Dip OHS, BA Sc, RN)

# Agenda



General mental health during COVID-19

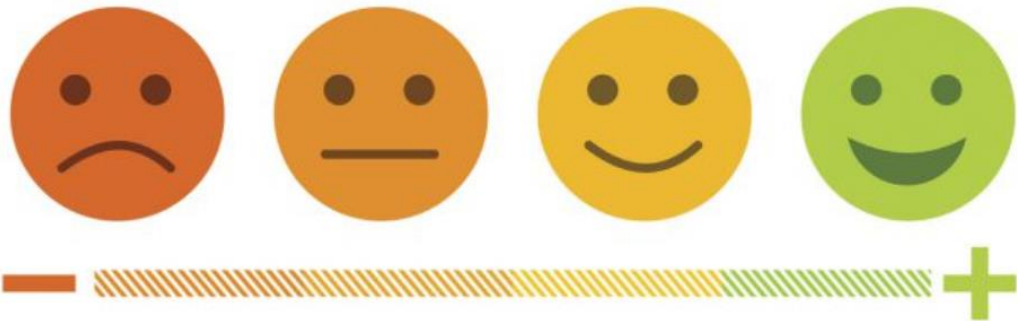
Looking after yourself during COVID-19

Resources available for your mental health during COVID-19

# Mental Health During COVID-19



- ✓ The COVID-19 pandemic has had a major effect on our lives.
- ✓ Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions.
- ✓ Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety.



# Looking after yourself during COVID-19



*COVID-19 Marathon Analogy*

# Looking after yourself during COVID-19

- ✓ Acknowledge your experience of the pandemic
- ✓ Identify and play to your strengths
- ✓ Build up your stamina by taking extra care of your body
- ✓ Keep stress at bay in helpful ways
- ✓ Create opportunities to experience positive emotions



# Looking after yourself during COVID-19

- ✓ Keep an eye on what you watch, follow and read
- ✓ Balance what you think and talk about
- ✓ Stay connected and continue to strengthen your relationships
- ✓ Take extra good care of yourself while in lockdown
- ✓ Cheer yourself on but reach out for support when you need to



# Mindfulness





# Resources Available to Help



## Immediate support

Call: **13 11 14** (24/7)

Text: **0477 13 11 14**  
(6pm-midnight)

Chat: **lifeline.org.au**  
(7pm-midnight)



## Ongoing support

Individual & Family  
Counselling in Gordon

Suicide Bereavement  
Support Group



## Training



**Recognise**



**Respond**



**Refer**

Lifeline Harbour to Hawkesbury

Phone **02 9498 8805**

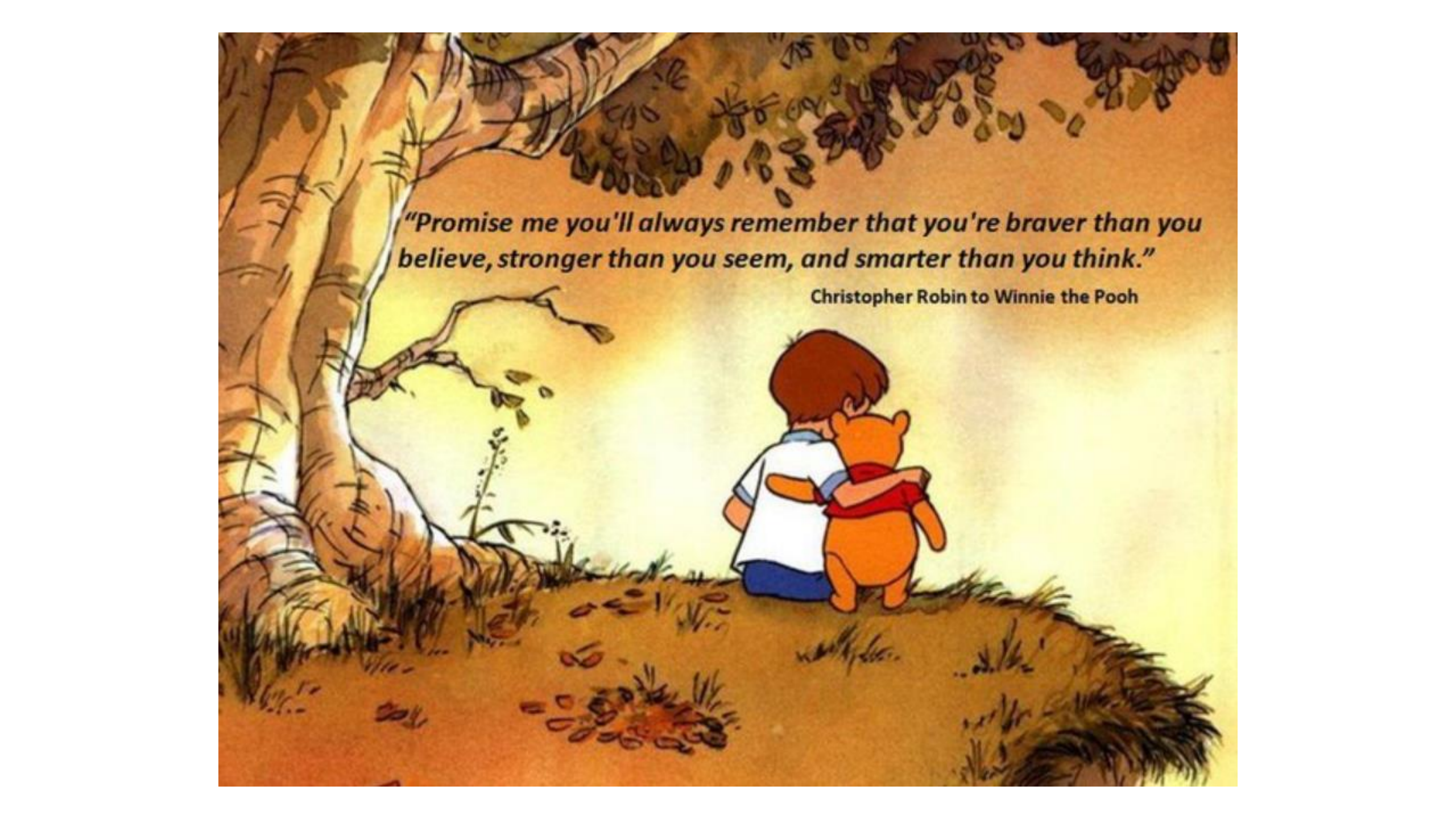
Email **appointments@lifelineh2h.org.au**





Q & A



An illustration of Christopher Robin and Winnie the Pooh sitting on a grassy hillside. Christopher Robin is on the left, wearing a white shirt and blue shorts, with his arms around Winnie the Pooh. Winnie the Pooh is on the right, wearing his signature red shirt. They are both looking towards the right. A large tree with brown bark and green leaves is on the left side of the frame. The background is a soft, yellowish glow, suggesting a sunset or sunrise. The ground is brown with some green grass and fallen leaves.

***"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."***

**Christopher Robin to Winnie the Pooh**

# References



- COVID-19 Online Support and Resources COVID-19 THIS WAY UP |. (2021). Retrieved 2 July 2021, from <https://thiswayup.org.au/covid-19/>
- The Implications of COVID-19 for Mental Health and Substance Use. (2021). Retrieved 2 July 2021, from <https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>
- Mental Health Ramifications of COVID-19: The Australian context. (2021). Retrieved 2 July 2021, from <https://www.ntmhc.org.au/mental-health-ramifications-of-covid-19-the-australian-context-black-dog-institute/>