

Coronavirus

Looking after your mental health

Easy Read version

How to use this document



The Victorian Department of Health and Human Services (DHHS) wrote this document. When you see the word 'we', it means DHHS.



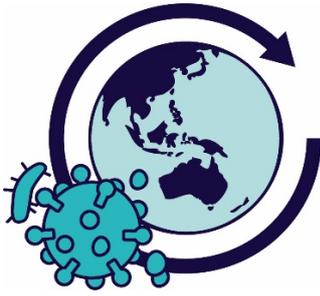
We have written this information in an easy to read way.

We use pictures to explain some ideas.



You can ask for help to read this document. A friend, family member or support person may be able to help you.

It is normal to be worried about coronavirus?



Coronavirus (COVID-19) is a virus that has affected many people around the world.



A virus is an illness or disease that can spread easily from 1 person to another person.



We have all had to make changes to our daily lives.



These changes can make us feel worried or anxious.



Feeling like this is normal.



Many people feel the same way.

You are not alone.



There are some things you can do to feel better.

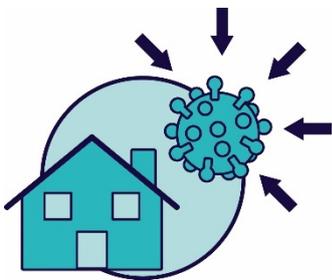
What can you do to feel better?



It is important to try and stay positive.



Remember how the changes you have made can help.



You are helping to slow down the spread of coronavirus by staying at home.



There are other things you can do to feel better.

You can keep a good routine in your day.

This includes:



- eating healthy meals



- getting exercise



- sleeping well.



You can keep in touch with your family and friends.

You can talk to people:



- on the phone



- using video chat.



Talking to people about your worries can help you feel better.

Make sure you have enough:



- food
- medication.



You might be able to ask friends or family to help you get the things you need.



Knowing you have enough of the things you need can help you feel better.



Try to have less:

- alcohol
- cigarettes.



There is a lot of news about coronavirus.



If this is making you feel worried or anxious, there are some things that you can do.

Try to:



- only check the news 1 or 2 times a day



- only get news from places you can really trust, like:

- newspapers
- TV
- radio.



It is best not to get your news from social media, like Facebook.



You could get someone to help you find information that is:

- up-to-date
- correct.

If you have mental health issues, you should:



- take your medication



- follow your treatment plan.



If you are having problems, you need to ask for help before they get too bad.

Where can you get help?



There are websites you can visit and phone lines you can call if you need help.



Mental Health in Multicultural Australia has mental health information in lots of languages on their website.



www.mhima.org.au



BeyondBlue has:

- mental health information on their website
- people you can talk to.



www.beyondblue.org.au



1300 22 4636

Lifeline has people you can talk to:



- on the phone

13 11 14



- by text message

0477 13 11 14



- online

www.lifeline.org.au/crisis-chat



Our website has up-to-date information about coronavirus.

www.coronavirus.vic.gov.au



You can also call the Coronavirus Hotline on

1800 675 398.



If you need to speak to someone in a language other than English, call **131 450**.



They can connect you to 1 of the phone numbers above.



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