

Supporting Mental Wellbeing During Covid

September 2021

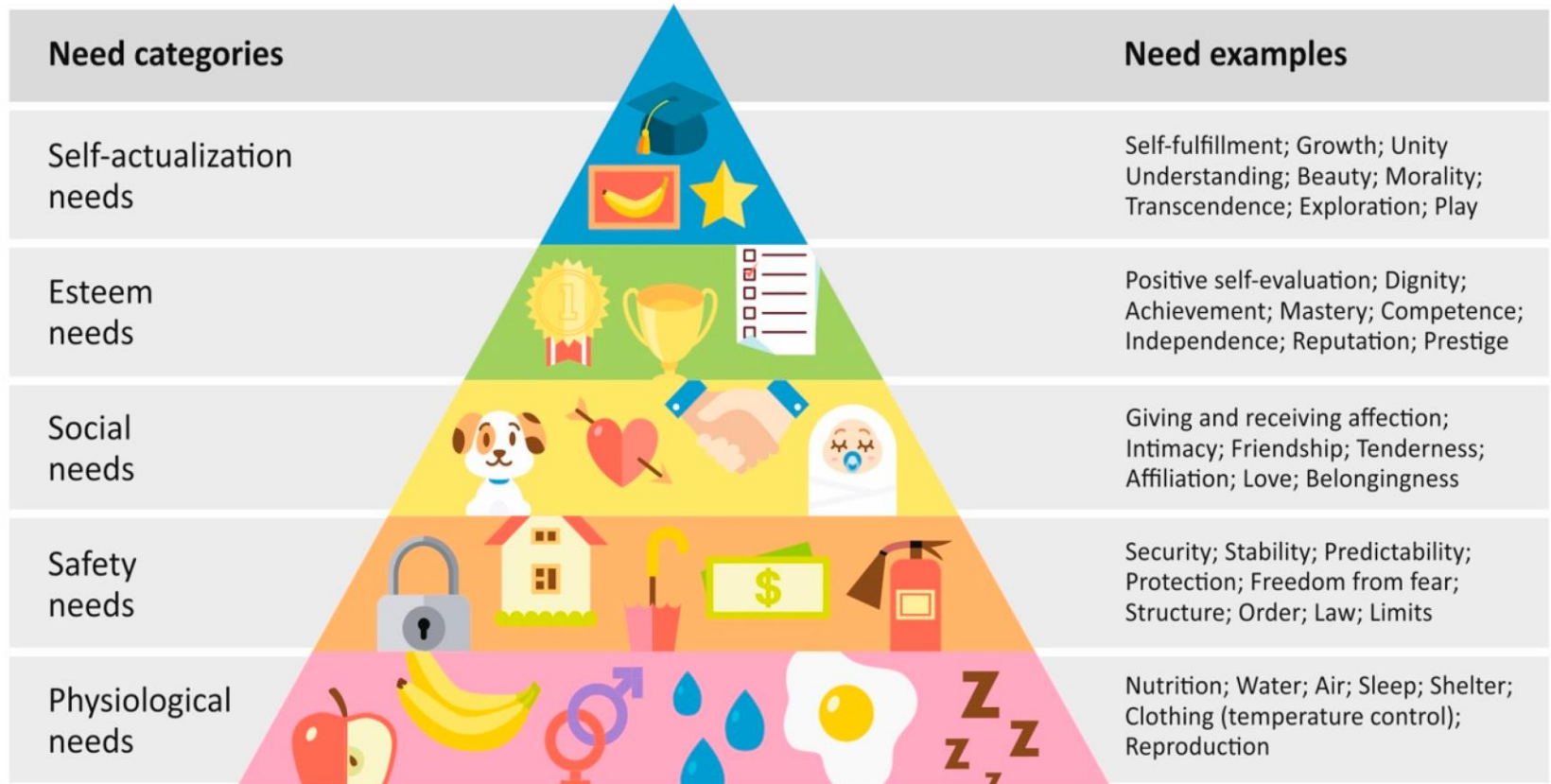


COVID-19 AN UNPRECEDENTED CHALLENGE

COVID STAY-AT-HOME
ORDERS IN FORCE.
VISIT [NSW.GOV.AU](https://www.nsw.gov.au)



Focus on Your Basic Needs.



Abraham Maslow, 1943
“A Theory of Human Motivation”



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Healthy Habits



DRINKING WATER



WORKING OUT



HEALTHY EATING



SLEEPING WELL



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Getting Help



Asking for help doesn't make you weak, it makes you stronger.



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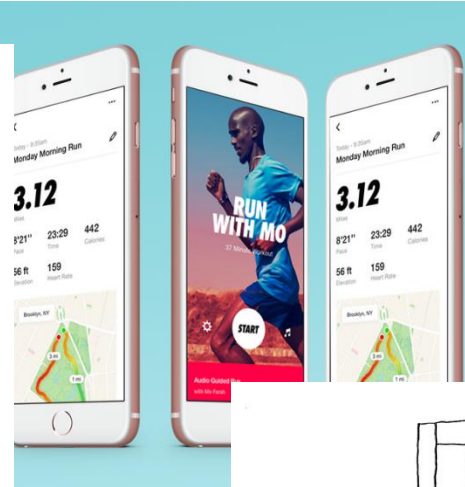
Maintaining Connections.
Any Way You Can.



Stress Busting & Distraction Activities



3			8	1		2
2		1		3	6	4
			2	4		
8		9			1	6
	6					5
	2			4		9
		5		9		
	4		8	7		5
		1		7		3



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When the Anxiety Hits- Quick Grounding Technique

Name



5 things you **SEE**

4 things you **HEAR**



3 things you **TOUCH**

2 things you **SMELL**



1 thing you **TASTE**

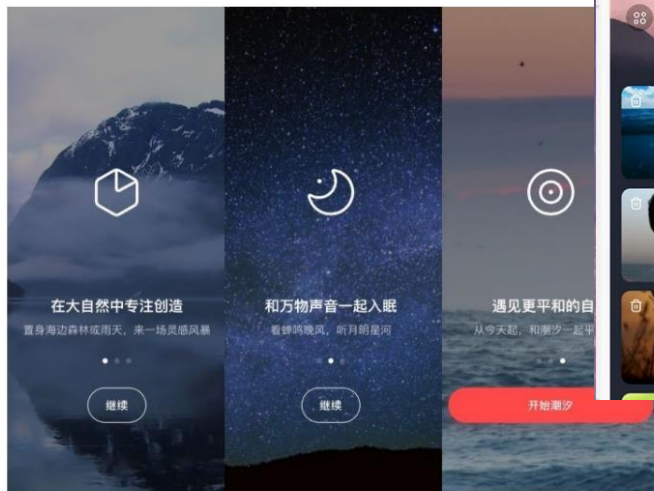


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If you Speak Another Language.

- <https://wayahead.org.au/get-the-facts/translations/>
- NSW Multicultural Health Service
<https://www.mhcs.health.nsw.gov.au/>

Tide (潮汐)



Source: Appstore, Tide, Chinese meditation app



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Getting Immediate Help for Mental Distress



SUICIDE
CALL BACK
SERVICE



Lifeline: **13 11 14**

Suicide Call Back Service: **1300 659 467**

Kids Helpline: **1800 55 1800**

In an emergency only, call **000**



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