



COPING WITH STRESS DURING THE COVID-19 OUTBREAK



It is **normal** to feel sad, stressed, confused scared or angry during a crisis. Talking to people can help. Keep talking to your MATES.



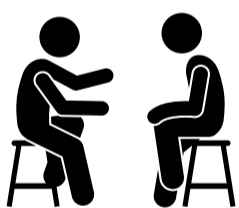
If you have to stay at home, **stay healthy** – eat well, sleep, keep up your exercise (even at home) and keep your social contact with friends, workmates and family at home on the phone and online.



Get the facts. Be aware that everything you hear about the virus may not be true. Stay up to date with information from a trusted source like:
Department of Health www.health.gov.au
World Health Organisation (WHO) www.who.int



Limit your worries by spending less time listening and watching media coverage if you find this upsetting.



Draw on skills you have learnt in the past to help you manage your emotions – talking to a MATE can help if you are worrying.



Don't use smoking, alcohol or drugs to deal with your emotions. If you feel overwhelmed reach out for help. Talk to a MATE, Connector, a Field Officer or call MATES on 1300 642 111.

Source: WHO

Need to talk now?

1300 642 111

www.mates.org.au

MATES 24/7 Helpline 1300 642 111

Emergency Services 000

Lifeline 13 11 14

Mensline 1300 789 978

Suicide Call Back 1300 659 467