

WEBSITES

COPING WITH COVID



Coronavirus mental wellbeing support service
https://coronavirus.beyondblue.org.au/?utm_campaign=hp_banner

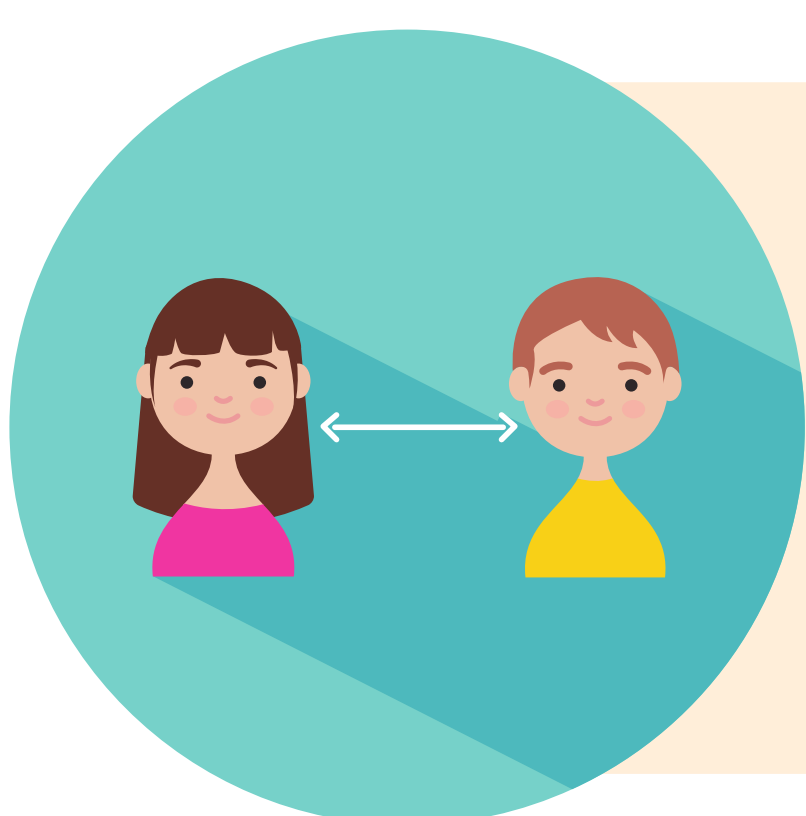
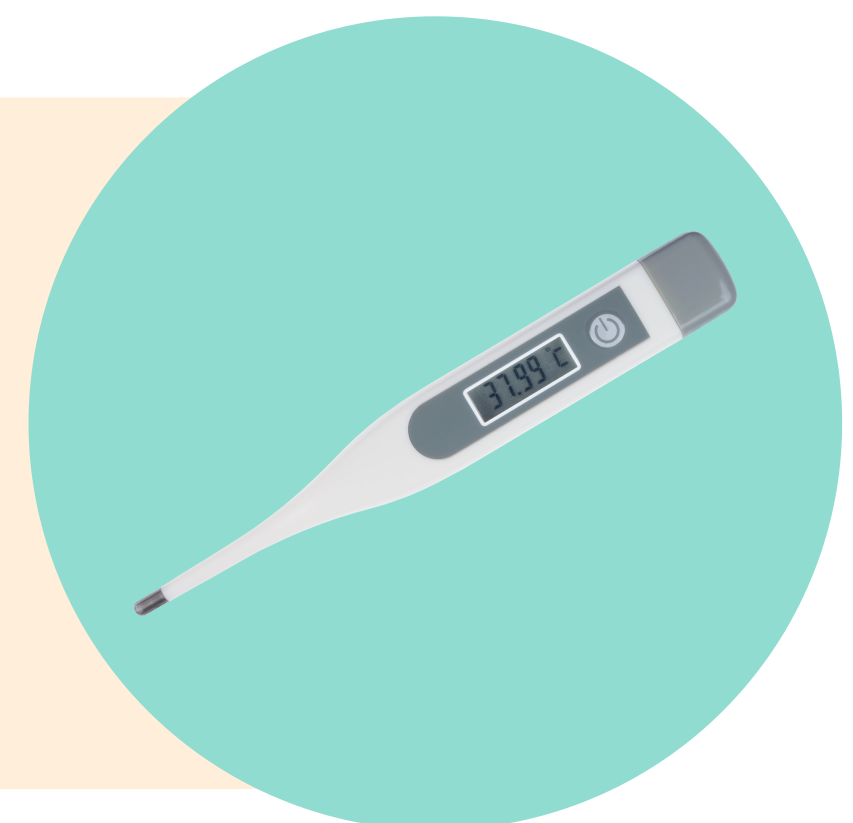
Mental health and wellbeing during the COVID-19 outbreak:

<https://www.lifeline.org.au/get-help/information-and-support/covid-19/>



Coping during COVID-19
<https://au.reachout.com/collections/coping-during-coronavirus>

Supporting you through the COVID-19 Pandemic
<https://thiswayup.org.au/covid-19/>



Covid-19 and Mental Health:
<https://www.healthdirect.gov.au/covid-19-and-mental-health#information>

PHONE APPS

COPING WITH COVID

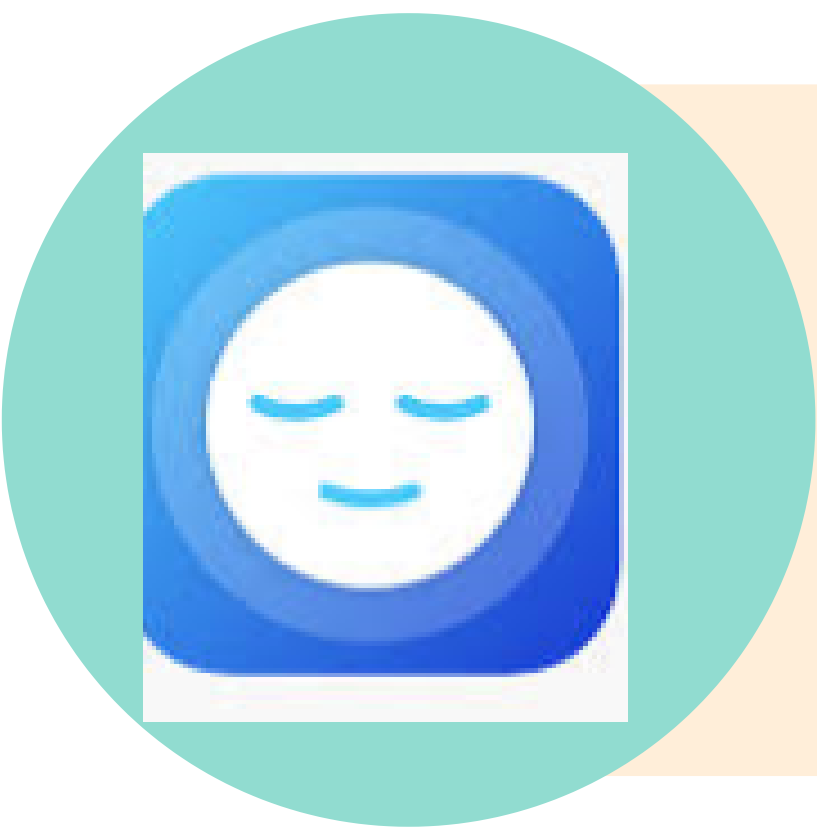


Smiling Mind APP

A daily mindfulness and meditation guide at your fingertips

Shine: Self-Care and Meditation APP

Build more skills to care for your mental health.



MindShift CBT - Anxiety Relief APP

Manage your anxiety, relax & be mindful

Happify: for Stress and Worry APP
Overcome negative thoughts, stress and life's challenges



Moodfit

Fitness for your mental health