1. Question, listening

The Coronavirus Mental Wellbeing Line (131 450) offers support to residents of NSW. The line is open from 7am to 11pm, 7 days a week. Our experienced and highly trained workers provide emotional support and guidance. They can offer suggestions for safe and effective ways to manage and cope with feelings during this time. If you are unsure about your situation, just give us a call. It's free, confidential and non-judgmental.

2. Get connected, stay connected

We encourage residents to stay connected with family and friends. This is particularly important for older people and those who may feel isolated or vulnerable. Many people are also finding new and creative ways to keep in touch with their loved ones. Whether it's a virtual call, a video chat, or a handwritten letter, staying connected can help keep our minds healthy and our spirits lifted.

3. Be heard, keep listening

If you need to talk, talk to us. Our Mental Health Australia team is here to help. We can connect you with local services and provide support and guidance. We offer a confidential and non-judgmental service.

4. Stay safe, stay strong

We encourage residents to stay safe and strong. This means following government guidelines, practicing good hygiene, and staying at home if you are unwell. It also means taking care of our mental health. By looking after ourselves and each other, we can all play our part in keeping our community safe and healthy.

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