

Mental Health Services in SESLHD during the COVID-19 pandemic

SESLHD Mental Health Services Response to COVID-19

Taking care of your mental health and wellbeing during these difficult times is extremely important. There are a number of services and resources listed below. These services are available in multiple languages and/or they have a tailored approach to supporting diverse communities. These organisations have (or are currently implementing) the technology to provide online services via delivery methods such as Zoom, Skype and virtually via telehealth.

The Recovery and Wellbeing College

The Recovery and Wellbeing College (The College) are updating their Facebook page regularly to provide information on self-care, staying healthy and making informed choices especially during the COVID-19 pandemic as well as providing online groups and workshops. Generally the college is open to those 18 years of age and over, however during this time The College has extended their eligibility to include people 16 years of age and over. These groups and workshops are a little different to the usual course format as they are shorter in length and a mix of co-facilitation, peer and clinical facilitation.

www.facebook.com/SESLHDRecoveryCollege/
seslhd-recoverycollege@health.nsw.gov.au

Central and Eastern Sydney Primary PHN

The Australian Government Bondi Junction GP Respiratory Clinic
02 9191 2788

www.cesphn.org.au/coronavirus

headspace Bondi Junction

- How to cope with stress related to COVID-19 online resource:
<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- Translation of headspace service flyers into 21 languages:
<https://headspace.org.au/headspace-centres/mount-druitt/headspace-flyers-now-available-in-21-languages/>

1800 650 890

headspace.org.au/headspace-centres/bondi-junction/
headspacebondijunction@health.nsw.gov.au

NSW Mental Health Line 1800 011 511

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW. It is staffed by mental health professionals who will ask questions to determine if you or, the person you are concerned about, needs ongoing mental health care and how urgently it is needed.

Additional resources for the community:

There are a lot of COVID-19 specific resources available to provide information and mental health support to both consumers and carers. These include:

- COVID-19 support line for Senior Australians, their families and carers. This dedicated free call support line aimed at supporting the mental health of those impacted by the spread of COVID-19 operates Monday – Friday 8.30am – 6pm 1800 171 866
- Beyond Blue Looking after your mental health during the coronavirus outbreak 1800 512 348 or coronavirus.beyondblue.org.au/
- The Black Dog Institute has information for managing anxiety, stress and wellbeing www.blackdoginstitute.org.au/
- Lifeline Mental health and wellbeing during the coronavirus outbreak including a free interpreting service for people who do not speak English:
Phone 13 11 14 (24 hours/7 days)
Text 0477 13 11 14 (6pm – midnight AEDT, 7 nights)
Chat online <https://www.lifeline.org.au/crisis-chat> (7pm - midnight, 7 nights)
Lifeline Interpreting service: call TIS on 131 450 and ask to talk to Lifeline on 13 11 14 in the language required

Resources for the Aboriginal community:

- NSW Health Aboriginal health COVID-19 resources www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx
- SESLHD Aboriginal Health Unit www.seslhd.health.nsw.gov.au/services-clinics/directory/aboriginal-health-unit
- Aboriginal Health & Medical Research Council www.ahmrc.org.au/

Resources for the multi-cultural community:

- Multicultural NSW multicultural.nsw.gov.au/
- NSW Health COVID-19 resources in other languages www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx
- Transcultural Mental Health Centre www.dhi.health.nsw.gov.au/

Resource to assist the homeless community:

- Link2home is a NSW homelessness information and referral telephone service. It is available 24 hours a day, 7 days a week.
1800 152 152
www.sydneyhomelessconnect.com/services/link2home/

Education:

In addition to the Recovery and Wellbeing College:

- This Way Up provides online learning program provides education and research in anxiety, depressive disorders and physical health thiswayup.org.au/