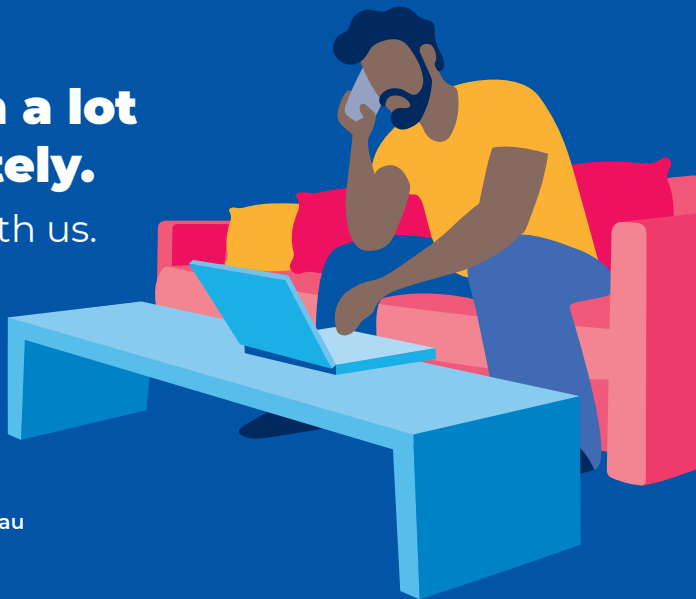




**There's been a lot
to take in lately.**

Share the load with us.



 coronavirus.beyondblue.org.au

 1800 512 348



Coronavirus Mental Wellbeing Support Service

With so much to take in lately, you might be feeling a little overwhelmed or even completely out of your depth.

If you're feeling unsure about how to cope, or who to turn to, **we're here to help.**



Talk it through with us

Our trained counsellors are here to support you over the phone. It's free and available 24/7.
1800 512 348



Online support and information

Our website provides regularly updated information, advice and strategies to help you manage your wellbeing and mental health during this time. It also provides free 24/7 webchat with our trained counsellors.

coronavirus.beyondblue.org.au



Suicide and crisis support

For immediate support, call Lifeline **13 11 14**

If you are in an emergency or at immediate risk of harm to yourself or others, please call **000**

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