COPING WITH COVID-19

**CONNECTION**
Social distancing does NOT mean social isolation. In these times some people will naturally be anxious. Contacting people in whatever way is appropriate (online, phone, over the fence, etc) is an important way to say we are stronger when we stay connected.

**WHAT’S NORMAL**
It is normal to have a range of emotions — sad, angry, confused, scared. Using skills that got through tough time previously may also be useful. Talking to your Mates can help.

**SELF-ISOLATED AT HOME**
If you must stay at home, stay healthy — eat well, sleep, keep up some exercise, keep your social contacts with friends, workmates and family on the phone or online, do some gardening or yard work, read, create something new. Try to avoid excessive use of alcohol or other drugs.

**FACT OR FICTION**
Get the facts. Be aware that everything you hear or read about the virus may not be true. Stay up to date from a trusted source like: health.gov.au or health.qld.gov.au

**LIMIT YOUR WORRIES**
Spend less time listening and watching media coverage if you find this upsetting. Focus on an activity that gives you energy and life.

**OVERWHELMED**
If you are feeling overwhelmed, talk to a mate, ring MATES on 1300 642 111 or Lifeline on 13 11 14. Helping your mate to talk to someone works. Talking with someone can help.

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**MATES IS OPEN**

IF YOU NEED TO TALK OR NEED HELP, PLEASE RING OUR 24/7 SUPPORT LINE 1300 642 111
We have case managers, field staff available to speak with you, catch up if possible, and connect you to sources of help and assistance.