

# Mental Health Services in SESLHD during the COVID-19 crisis

## **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. The College will also be conducting online groups and workshops. These groups and workshops will be different to the usual course format as they will be shorter in length and a mix of co-facilitation, peer and clinical facilitation.

[www.facebook.com/SESLHDRecoveryCollege/](https://www.facebook.com/SESLHDRecoveryCollege/)

[seslhd-recoverycollege@health.nsw.gov.au](mailto: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](https://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/](https://headspace.org.au/headspace-centres/bondi-junction/)

[headspacebondijunction@health.nsw.gov.au](mailto: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:

- Beyond Blue Looking after your mental health during the coronavirus outbreak 1800 512 348 or [coronavirus.beyondblue.org.au/](https://coronavirus.beyondblue.org.au/)
- The Black Dog Institute has information for managing anxiety, stress and wellbeing [www.blackdoginstitute.org.au/](https://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](https://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](https://www.seslhd.health.nsw.gov.au/services-clinics/directory/aboriginal-health-unit)
- Aboriginal Health & Medical Research Council [www.ahmrc.org.au/](https://www.ahmrc.org.au/)

**Resources for the multi-cultural community:**

- Multicultural NSW [multicultural.nsw.gov.au/](https://multicultural.nsw.gov.au/)
- NSW Health COVID-19 resources in other languages [www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx](https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx)
- Transcultural Mental Health Centre [www.dhi.health.nsw.gov.au/](https://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.sydnehomelessconnect.com/services/link2home/](https://www.sydnehomelessconnect.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/](https://thiswayup.org.au/)