

# COVID-19

## headspace Canberra – still open for business support for students and families during isolation

**It can feel stressful and overwhelming during an event like the outbreak of Novel Coronavirus (COVID-19) and we can all be affected differently. It's important to find the right level or type of support for you.**

**headspace Canberra** has your back. Although we have ceased in-person appointments, we have transitioned to phone services during regular business hours for young people aged 12 - 25.

If you or someone you know is feeling overwhelmed and needs to chat, you can contact us on 02 5099700 or email; [hs.canberra@marathonhealth.com.au](mailto:hs.canberra@marathonhealth.com.au).



**eheadspace** is available 7 days a week from 7am – 1am (AEST) for online supports – [eheadspace.org.au](https://eheadspace.org.au)

**Group chats** are available daily and allow young people to connect with other young people. Led by a headspace professional, group chats explore a range of helpful topics. They also have chats and webinars specifically for family and friends of young people. You can register anonymously at [eheadspace.org.au](https://eheadspace.org.au)

**Spaces** also via [eheadspace.org.au](https://eheadspace.org.au), is a place where you can create an account and collect

and manage resources to build your own personalised mental health toolkit.

Be sure to also connect with **headspace Canberra** on both Facebook & Instagram @headspaceCanberra, or visit our website, <http://www.headspace.org.au/headspace-centres/Canberra> to stay up to date with the latest news and helpful tips to get you through these uncertain times.



Please also consider ensuring you, or your young person, has a safe and private place to talk. If there are younger siblings at home, keep them busy with other activities so you won't be distracted and can speak openly and freely with the health professional.



### Emergency Assistance

If you are in an emergency situation or need immediate assistance, contact 000 or the Mental Health Line on 1800 011 511 (available 24 hours).

If you need to speak to someone urgently, call [Lifeline](https://www.lifeline.org.au) 13 11 14

[Suicide Call Back Service](https://www.beyondblue.org.au) 1300 659 467

[beyondblue](https://www.beyondblue.org.au). 1300 224 636