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| Information to help you with your mental health during coronavirus (COVID-19) |
| Easy read information for people with disability |



# About this book

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|  | This book is about helping you look after your mental health. |
|  | Mental health means the way you feel and think. |
|  | Coronavirus has meant a lot of people’s lives have changed.  Coronavirus is also called COVID-19. |
|  | You might not be able to see your friends and family.  You might not be able to do the things you want to do. |
|  | This might be making you feel sad or worried or angry. |
|  | This book has information about where you can get help. |

# Ways you can feel better

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|  | There are things you can do to feel better. |

## Make sure you know what is going on

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|  | It is important you get information from someone who knows what is happening.  A good place to get information is from the government. |
|  | You can find out information by looking at the [Department of Health and Human Services website](https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19).  <https://www.dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19> |
|  | The website has information about coronavirus. |
|  | The website also has ideas about ways to look after your mental health. |

## 2. Stay in touch with your friends and family

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|  | It’s a good idea to keep talking to your family and friends.  This can make you feel better. |
|  | If you want to make new friends, you can join a group with other people with disability. |
|  | You can find these groups on the internet by visiting the [peer connect website](https://www.peerconnect.org.au/).  <https://www.peerconnect.org.au/> |

## 3. Keep up your mental health treatment

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|  | Mental health treatments are the things that people do to make them feel better. |
|  | Some people take medicine for their mental health. |
|  | Some people talk to a counsellor. |
|  | Some people do exercise.  Whatever you do for your mental health you should keep doing it. This will make things easier for you. |

## 4. Get help if you need it

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|  | If you feel really sad or worried there are lots of ways you can get extra help. |
|  | You can call the Disability Information Helpline on  **1800 643 787** |
|  | You can call the helpline:  Monday to Friday 8 am to 8 pm  Saturday and Sunday 9 am to 7 pm |
|  | The helpline can find you someone to talk to. |
|  | If you need someone to talk to now, you can call Beyond Blue on  **1300 224 636**  You can call this number anytime; they are always open to talk to people. |
|  | You can also talk to them over the internet. You can do this by visiting the [Beyond Blue website](https://www.beyondblue.org.au/). <https://www.beyondblue.org.au/> |

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