



# Who can I talk to if I'm anxious about COVID?

1

Corona Virus Mental Wellbeing  
Support Service  
Beyond Blue- 1800 512 348

2

Lifeline- 24 hr crisis hotline  
131 114

3

Kids Helpline  
1800 551 800

4

Suicide Call Back Service  
1300 659 467

5

Mental Healthline  
1800 011 511

**If English is not your first language you can call TIS on 131 450 to speak with an interpreter**

For more information or websites related to COVID help go to:  
<https://www.healthdirect.gov.au/covid-19-and-mental-health>