Jan Venter, UNSW Counselling and Psychological Services Lead, Clinical Psychologist discusses when and where to get help for anxiety around COVID-19. Duration: 2:09.

**Help and support is just a phone call or website away**

There are lots of different types of help and support services available to help you if you are feeling stressed or anxious at this time. Take the next step and give them a call or check out the great online support services, resources and apps available out there to help and support you.

**24/7 Self Help support services and mental health information:**

- Beyond Blue: Information on how to look after your mental health during this time
- The Black Dog institute: Coronavirus webinars, online clinic, resources and apps that can help at this time
- Headspace: Help and support for people up to the age of 25 during this time. Online chat and telephone support
- COVID-19 resources for culturally diverse communities. This page has mental health information in multiple languages

**Tips and more information**


**Tips for dealing with COVID-19:**

- Try to separate things that are in your control from things that are not in your control.
- Try some breathing and mindfulness techniques or find something to distract you to help you relax. Check out some meditations here by Laura Kampel.
- Seek reliable information from the Media and government sources
- Set limits to news on virus (once or twice a day)
- Staying up to date about uni life

UNSW's Health and Wellbeing in the online space and the Department of Health both have information on how to look after your mental health during this time.

**More information**

- WHO: Healthy at home or check out our anxiety management resources and workshops on the self help page
- Australian Psychological Association has tips on how to look after your wellbeing at this time
For more information on how to manage anxiety watch:

Jan Venter, UNSW Counselling and Psychological Services Lead, Clinical Psychologist, Managing Anxiety, Duration 3:02

Useful self help apps

My compass now: A personalised self help tool for your mental health. Produced by the Black Dog Institute

Smiling mind: Free Mindfulness app, short mindfulness exercises for adults and kids

Support for students and staff

UNSW provides regular updates, advice and FAQs for staff and students

If you are a student who needs help or support you should contact: The Nucleus, student advisors or International Student advisors

UNSW offers confidential counselling for staff through Benestar, the Employee Assistance Program (EAP).

LifeLine

Crisis support and suicide prevention, 24/7. Call 13 11 14 now.

Mental Health Line

If you or someone you know needs help, the Mental Health Line offers professional help and advice, and referrals to local mental health services.

Triple Zero (000)
If you or someone you are with is in immediate danger please call 000, or go to your nearest hospital emergency department immediately.