

My Support Menu

WHAT SUPPORTS ARE OUT THERE IF I'M NOT COPING?

APPS

Smiling Mind	https://www.smilingmind.com.au/
Insight Timer	https://insighttimer.com/
Calm	https://www.calm.com/
My Compass	https://www.mycompass.org.au/

PHONE & ONLINE COUNSELLING

Headspace <https://headspace.org.au/>

1800 650 890

MensLine <https://mensline.org.au/>

1300 78 99 78

QLife <https://www qlife.org.au/>

1800 184 527

Lifeline <https://www.lifeline.org.au/>

13 11 14

Beyond Blue <https://www.beyondblue.org.au/>

1300 22 4636

ReachOut <https://forums.au.reachout.com/>

TIP SHEETS

[How to deal with COVID-19 if you have Anxiety or OCD](#)

[A picture book explaining COVID-19](#) (not just for kids)

[Maintaining your mental health during isolation](#)