

JCCWA Crisis Management Committee – COVID-19 Response

Tuesday, 24 March 2020

Tips for Maintaining Positive Mental Health during Covid-19

The JCCWA Crisis Management Committee has established several professional groups to respond to this unfolding crisis. A group of mental health professionals has been created to advise the JCCWA on issues related to mental wellbeing and social support.

This is a time of increased uncertainty that can leave us feeling stressed and out of control. While we may be thinking mostly about the physical effects of the virus, it is important to remember to look after our mental health, especially during social distancing.

- Limit exposure to news and social media. A couple of times a day is enough for important updates. Seek accurate information from the WA Department of Health.
- Control what you can control: Your daily routines
- Increase your self-care: Pay special attention to basic needs, such as sleep, diet, exercise, and social connection; Make sure to reduce or eliminate unhelpful coping strategies such as alcohol or other substances that can exacerbate the problem.
- Stay in the present: Engage in soothing, hands-on activities like arts, crafts or getting out in nature.
- If your normal social supports are not enough, access professional mental health services.

The Australian government has allocated large resources to making Medicare bulk billed telehealth (phone or video) sessions with mental health professionals available to vulnerable groups (see attached document for more information).

Reliable online resources:

<https://headtohealth.gov.au/>
[Headspace](#) (for 12-25 year olds)
Australian Psychological Society
[Beyond Blue](#)
[Lifeline](#)

Contact

If you need assistance of any kind, simply want to talk to someone or wish to offer assistance, do not hesitate to reach out. Please contact the Menora Charity Fund -

Email: office@menora.org.au

Phone: **9375 5059**

Joan Hillman OAM
President
JCCWA



Tuesday, 24 March 2020