



Things you can do to help keep yourself mentally well when you are in isolation

- * **Exercise** - you can still exercise when you're indoors. YouTube has great free workouts you can do anywhere at any time.
- * **Set up games online** with family or friends through social media or the internet.
- * Try some **mindfulness meditation** - you can access apps through your mobile app store.
- * **Research, read and learn** - learn something new like a new language or try an online course.
- * It can also be helpful to try to keep some sense or normality by **forming a daily routine**.

Where to get mental health support

beyondblue 1300 224 636

Lifeline 13 11 14

MindSpot Clinic 1800 61 44 34

Kids Helpline 1800 55 1800

For alcohol and drug support

Alcohol and Drug Support Line
(08) 9442 5000

Country Toll-free: 1800 198 024

Parent and Family Drug Support Line
(08) 9442 5050

Country Toll-Free: 1800 653 203

For more information visit thinkmentalhealthwa.com.au

Things you can do when you are in isolation

meditate



read



call friends



eat and sleep
well



exercise and
stretch



youtube



draw



online games



music



get help



Translator help: 131 450
tisnational.gov.au

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