think

Little things you can do when you are isolated in a hotel room

- **Exercise** - you can still exercise within your hotel room. 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
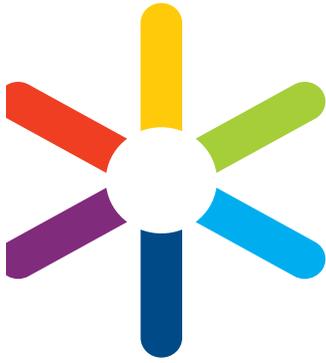
For alcohol and drug support
Alcohol and Drug Support Line
(08) 9442 5000
Country Toll-free: 1800 198 024

Parent and Family Drug Support Line
(08) 9442 5050
Country Toll-Free: 1800 653 203

For more information visit thinkmentalhealthwa.com.au

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MENTAL HEALTH

Little things you can do when you are isolated inside

- **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.
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