



A message from
**Coordinator-General
Office for Mental Health
and Wellbeing**



19 August 2020

Hello from all the team at the Office for Mental Health and Wellbeing as we welcome the last month of winter with a Newsflash. Please distribute this around your networks if you find it useful.

This month I want to bring focus to **emotional fatigue** as we continue to move through these uncertain times. This year has brought cumulative challenges for us in ACT from bushfires, hazardous air quality, experiencing a severe hailstorm and the COVID-19 pandemic. These challenges are likely to have long-term effects on everyone, particularly our mental health and wellbeing. The pandemic has been at the forefront of all our minds and this can result in many of us feeling the effects of emotional exhaustion, helplessness, lack of motivation and fatigue. Now more than ever we must prioritise our mental health and wellbeing in all aspects of our lives.

If you, or someone you know is feeling overwhelmed, worried or stressed the [Blackdog Institute](#) has developed a useful weekly self-care planning [factsheet](#) that can assist you to monitor your own mental health. The Institute also provides an online [Healthy Mind](#) tool for building good mental health practices that includes helpful activities and information.



Feeling low can lead you to withdraw from your usual activities. This is a common reaction to trauma, but over time it can also lead to a cycle of inactivity. Try to find the motivation to do the activities you enjoy. This will help restore your mental health.

#MentalHealth #COVID19 #coronavirus



Making a mental health plan for yourself and encouraging others to do so is sensible in these times of continued uncertainty. The [Mentally Healthy Workplace Alliance](#) has useful tips for owners of businesses of all sizes, check out their website for more information.

Another way to access self-care resources for your workplace is by visiting [MIEACT](#) who are running a free initiative called 'Self Care Canberra' to address the increasing mental health concerns of Canberran's in the work place and wider community. The resources will equip you and your team to manage the stressors in the current working environment.

Below is a short meditation you can try at the comfort of your desk. Set yourself a goal to do this every day to clear your mind and refocus. Enjoy!



Alternatively, you can reach out to a health care provider to seek further support. Some services that can help include:

- Attending your local GP for a health check-up
- [Beyondblue](#) – call 1300 22 4636
- [Mensline Australia](#) – 1300 789 978
- [Kids Helpline](#) – 1800 55 1800
- [Lifeline](#) – call 13 11 14
- Deaf Canberrans can contact Lifeline's Text Service on 0477 13 11 14
- [Domestic Violence Crisis Service](#) – 02 6280 0900 also visit [ACT health page](#) for further information.
- [Victim Support ACT](#) – 1800 822 272
- [The Migrant and Refugee Settlement Services](#) are continuing to provide services via phone, however they ask that if you need urgent in-person assistance that you first call your caseworker or their office: (02) 6248 8577.
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Finally, my team will be developing a more detailed Newsletter in October, it will include more great resources and information to support our community during these times. Please keep yourself up to date with information by visiting www.covid19.act.gov.au.

Remember that we are all in this together!

The Office for Mental Health and Wellbeing respectfully acknowledges the traditional custodians of the ACT, the Ngunnawal people, we pay respect to their Elders, both past, present and emerging.