

COPING WITH STRESS DURING COVID-19



It is **normal** to feel sad, stressed, confused, scared or angry during a crisis. Talking to people can help: keep talking to your MATES. If you are concerned about a mate, link them up with a Connector or ASIST worker.



If you have to stay at home, **stay healthy** – eat well, sleep, keep up your exercise (even at home) and keep your social contact with friends, workmates and family at home on the phone and online.



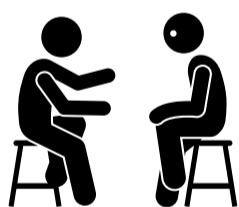
Get the facts. Be aware that everything you hear about the virus may not be true. Stay up to date with information from a trusted source like:

Department of Health www.health.gov.au

World Health Organisation (WHO) www.who.int



Limit your worries by spending less time listening and watching media coverage if you find this upsetting.



Draw on skills you have learnt in the past to help you manage your emotions – talking to a MATE can help if you are worrying.



Don't use smoking, alcohol or drugs to deal with your emotions. If you feel overwhelmed reach out for help. Talk to a MATE, Connector or ASIST worker, a Field Officer or call MATES on 1300 642 111.

Source: WHO

MATES is available 24/7

1300 642 111

www.mates.org.au

Case Management support continues as always via the helpline.

Field Officers are available for catch-ups and site visits by contacting your MATES local office or field officer directly.

SUICIDE PREVENTION IN THE CONSTRUCTION INDUSTRY