

# 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.



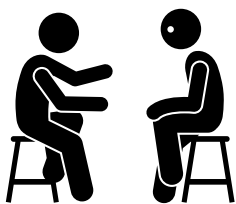
**Get the facts.** Be aware that everything you hear about the virus may not be true. Stay up to date with information from a trusted source like:

Department of Health [www.health.gov.au](http://www.health.gov.au)

World Health Organisation (WHO) [www.who.int](http://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](http://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**