

# Look after your mental health, Australia 2021

Mental Health Australia has today launched the 2021 World Mental Health Day campaign for October 10, encouraging all Australians to look after their mental health in the midst of the ongoing pandemic.

Mental Health Australia CEO, Dr Leanne Beagley says that COVID-19 has had a devastating impact on the mental health of many Australians and this year's campaign will encourage people to look out for each other, look forward and look up.

"The research tells us that one in five Australians are reporting that they feel high levels of distress resulting from the pandemic," said Dr Beagley.

"For everyone, the pandemic has provoked a challenge for managing our mental health. Lockdowns and increased isolation make it harder to seek out stress management activities like chatting with friends over a coffee, or participating in community sports.

"The message of this campaign though is that mental health is relevant to everyone. And we can all benefit from looking after our own mental health and the mental health of our families and communities."

As well as looking after your mental health, the campaign will also encourage people to "Look up, look out, and look forward!" by noticing their surroundings, taking care of others, and having activities on the horizon to feel enthusiastic about.

Working with organisations and businesses around Australia, as well as prominent members of our community, Mental Health Australia will promote a series of community-driven ideas throughout October to help people keep mentally well during this difficult time.



The best way to follow the campaign is via social media using the hashtag #LookAfterYourMentalHealthAustralia or find out more at [lookafteryourmentalhealthaustralia.org.au](https://lookafteryourmentalhealthaustralia.org.au)

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Here are five ways to get things started:

**1. Stay active**

Exercise increases wellbeing and helps reduce symptoms of common mental health concerns. Your gym may have closed or your fitness groups may be cancelled, but that doesn't mean you can't exercise. Yoga, Pilates, HIIT routines can be done in a relatively small space and with no equipment. Have a search on the internet for free workout videos and guides.

**2. Eat well**

Eating a nutritious diet is great for both your physical and mental health. As much as possible, try and stick to a healthy diet even as your activities and environment change.

**3. Connect with others**

COVID-19 has made connecting with others trickier, but social connection is more important than ever. When many of us face lockdown, physical distancing, and travel restrictions, we may need to rely on technology to talk to our friends and family. Reach out to your family, neighbours and community. Share how you're feeling, and invite others to share with you.

**4. Limit media consumption (and choose trusted sources)**

Choose how often you engage with news and social media, and be sure to find news sources that are trustworthy and factual. Add in some content that makes you laugh and feel comfortable wherever possible.

**5. Keep to a routine**

Keep to your regular routine as much as possible, including exercise, sleep, daily chores, work, recreational activities and connecting with others. Find fun whenever you can in these daily activities.



## Online and telephone resources

- Head to Health: [headtohealth.gov.au](http://headtohealth.gov.au)
- Lifeline: 13 11 14 - 24 hours a day, 7 days a week. Text 0477 13 11 14 – 6pm to midnight (AEDT), 7 nights a week
- Beyond Blue: 1300 22 4636 [beyondblue.org.au](http://beyondblue.org.au)
- Butterfly Foundation National Helpline: 1800 334 673
- Carer Support: 1800 242 636 or 1300 554 660
- SANE Australia Helpline: 1800 187 263
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800 [kidshelpline.com.au](http://kidshelpline.com.au)
- MensLine Australia: 1300 789 978
- QLife: 1800 184 527
- Open Arms – Veterans and Families Counselling: 1800 011 046
- Black Dog: [blackdoginstitute.org.au](http://blackdoginstitute.org.au)
- Headspace: [eheadspace.org.au](http://eheadspace.org.au)
- R U OK?: [ruok.org.au](http://ruok.org.au)
- ReachOut: [au.reachout.com](http://au.reachout.com)
- World Mental Health Day: [lookafteryourmentalhealthaustralia.org.au](http://lookafteryourmentalhealthaustralia.org.au)

