



Australian Government  
Department of Health

# **HOW ARE YOU FEELING TODAY?**

Department of Health COVID-19 Mental Health awareness campaign  
for culturally and linguistically diverse communities

**STAKEHOLDER TOOLKIT  
KEY MESSAGES AND CAMPAIGN ASSETS**

**DECEMBER 2020**

# STAKEHOLDER TOOLKIT

This toolkit contains a selection of downloadable translated resources and direct links to information on taking care of mental health wellbeing for culturally and linguistically diverse communities

*Last updated 23/12/2020*

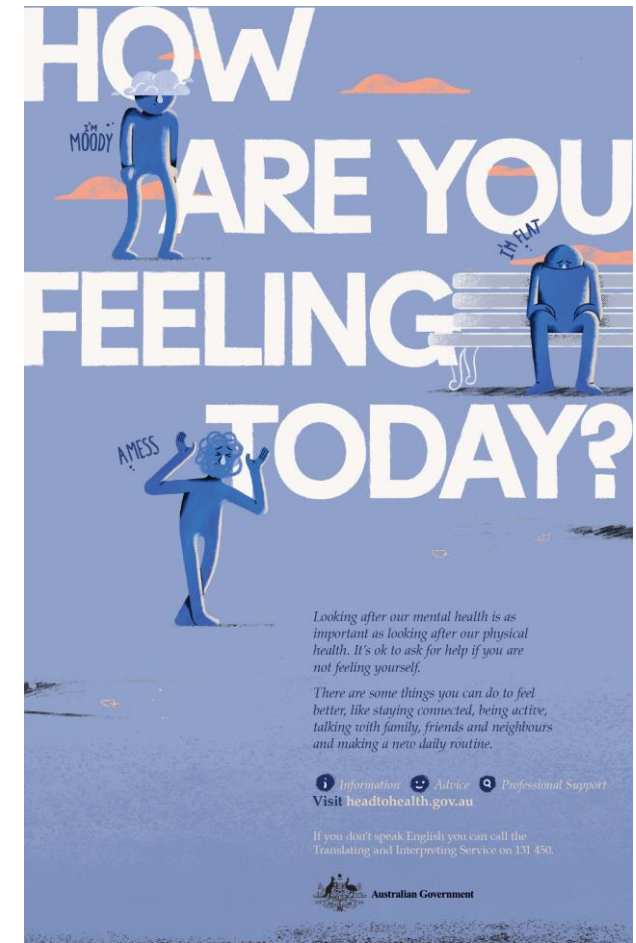
**Head to Health** | [headtohealth.gov.au](https://headtohealth.gov.au)

# COVID-19 Mental Health awareness campaign for culturally and linguistically diverse communities

The Department of Health has developed a campaign aiming to provide information to culturally and linguistically diverse communities about:

- Maintaining mental wellbeing,
- Raising awareness of the signs when you or someone you know needs support, and
- Where to find information, advice and free or low cost phone and online support and services.

Working in collaboration with key community organisations and experts in mental health, the campaign includes resources and information for culturally and linguistically diverse communities.



Authorised by the Australian Government, Canberra.

# What you can do to help

You can help by:

- Sharing the materials in this kit with your community or members by email, social media and through messaging apps you use like WhatsApp, WeChat, Messenger and others.
- Directing people to the Head to Health website for information, advice, and free or low-cost phone and online mental health supports and services:
  - [Support for people from culturally and linguistically diverse communities](#)
- Directing people to other multicultural support services.
- Advising anyone who is concerned to visit their doctor.
- Contact the Coronavirus Mental Wellbeing Support Service on **1800 512 348**
- For translator support, call TIS National on **131 450**.



# In-language resources

The following translated resources are available to download from [health.gov.au](https://health.gov.au) in Arabic, Chinese Simplified, Chinese Traditional, Croatian, Greek, Indonesian, Italian, Korean, Macedonian, Nepali, Farsi, Sinhalese, Spanish, Tamil, Urdu and Vietnamese.

## SIGNS AND SYMPTOMS

 **How are you feeling today?**

The impacts of the coronavirus have made many of us feel stressed or alone. You may also be concerned about your family and friends overseas. You can talk to a friend or relative about your worries, or a health professional.

The following are signs you might need to seek help:

 <b>Feeling stressed or worried</b>	 <b>Changes in your mood (feeling sad, angry or scared)</b>	 <b>Finding it hard to concentrate or remember things</b>	 <b>Having trouble sleeping (sleeping less or too much)</b>
 <b>Changes to eating (eating more or less than usual)</b>	 <b>Feeling more upset than usual</b>	 <b>Feeling like you do not want to see friends or be around other people</b>	 <b>Feeling isolated or lonely</b>

It is important we all take care of our mental wellbeing and physical health. It is ok to ask for help if you are not feeling yourself. Many people are feeling the same and you are not alone.

**Where can you get help?**


If you are finding it hard to cope with your everyday life, contact your local doctor who can explain the steps you can take.

 **National Translating and Interpreting Service 131 450**  
Call for a free and confidential interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

**Coronavirus Mental Wellbeing Support Service 1800 512 348**  
Trained health professionals who can help you over the phone. It is free and available 24 hours a day, 7 days a week.

Go to [headtohealth.gov.au](https://headtohealth.gov.au) for helpful information and resources in your language, and professional support.

## LOOKING AFTER YOUR MENTAL HEALTH AND WELLBEING

 **Looking after your mental health and wellbeing**

The impacts of the coronavirus have made many of us feel worried, stressed or alone. You may also be concerned about family and friends overseas. It is important to take care of your mental wellbeing and physical health.

**What can you do?**

 <b>Keep in touch with family and friends</b> Talking to family, friends, or religious leaders about how you are feeling can help you feel better. Stay connected on the phone or via video call.	 <b>Get enough sleep</b> Sleep is important for physical and emotional health. Most adults need 7 to 8 hours sleep per night and 9 to 11 hours per night for children/teenagers.	 <b>Reduce alcohol and smoking</b> Avoid or reduce your use of alcohol and tobacco.	 <b>Take a break from social media</b> Too much time on social media can impact how you are feeling. Taking a break can help you feel better.
 <b>Stay active and eat healthy</b> Keeping healthy is good for your mind and body. Stay active by going for a walk, visiting the local park, or exercising at home. Eat healthy foods like fruit and vegetables. Limit high sugar snacks and drinks.	 <b>Make yourself available</b> Call a friend you have not spoken to in a while, offer to help someone else in the community or your neighbour. Check on someone you know is finding life difficult at the moment.	 <b>Create a regular routine</b> Plan your day so you have time for household chores and work. Make sure you connect with others, do activities you enjoy and make time to rest. Have regular bedtime and mealtimes.	 <b>Seek help</b> If you are having problems, ask for help before things get too bad. Religious and community leaders can support you. You should also seek help from a health professional.


**Where can you get help?**

 **National Translating and Interpreting Service 131 450**  
Call for a free and confidential interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

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Trained health professionals who can help you over the phone. It is free and available 24 hours a day, 7 days a week.

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## WHERE TO GO FOR HELP AND SUPPORT










 **Help and support for your mental wellbeing**

The impacts of the coronavirus have made many of us feel worried, stressed or alone. You may also be concerned about family and friends overseas.

If you are finding it hard to cope with your everyday life, contact your local doctor who can advise on steps you can take.

**Where can you get help?**

 **National Translating and Interpreting Service 131 450**  
Call if you need to speak to someone in a language other than English. A free and confidential interpreter can connect you to any of the phone numbers below.

 <b>Phone Support</b> <b>Coronavirus Mental Wellbeing Support Service</b> – trained health professionals available to support you over the phone. It is free and available 24 hours a day, 7 days a week. Call 1800 512 348.	 <b>Suicide and Crisis Support</b> For immediate support. Call Lifeline on 13 11 14. Call 000 if you or someone you know is in an emergency or in immediate risk of harm.	 <b>Online Support and Information</b> <b>Head to Health</b> – information, advice and a wide range of online and phone support services. Visit <a href="https://headtohealth.gov.au">headtohealth.gov.au</a>
 <b>Kids Helpline</b> – free support service for young people aged between 5 and 25 years. Call 1800 55 1800.	 <b>Support for Men</b> <b>Mensline</b> – in-language support is available to men. Visit <a href="https://mensline.org.au/languages/">mensline.org.au/languages/</a> or call 1300 78 99 78.	 <b>Embrace Multicultural Mental Health</b> – mental health information in lots of languages. Visit <a href="https://embracementalhealth.org.au">embracementalhealth.org.au</a>
 <b>Domestic and family violence support</b> <b>1800 RESPECT</b> (1800 737 732) – support for people experiencing violence and abuse.	 <b>Fathering Across Cultures App</b> – support for fathers from migrant and refugee backgrounds. Visit <a href="https://fatheringacrosscultures.org.au">fatheringacrosscultures.org.au</a>	 <b>Beyond Blue</b> – support for people who feel anxious, depressed or suicidal. To find out more visit <a href="https://beyondblue.org.au">beyondblue.org.au</a>

Go to [headtohealth.gov.au](https://headtohealth.gov.au) for helpful information and resources in your language, and professional support.

# These resources are available in a range of languages

- **Poster** [How are you feeling today?](https://www.health.gov.au/resources/publications/coronavirus-covid-19-mental-health-campaign-how-are-you-feeling-poster-1)  
(URL - <https://www.health.gov.au/resources/publications/coronavirus-covid-19-mental-health-campaign-how-are-you-feeling-poster-1>)
- **Fact sheet** [Caring for your mental wellbeing](https://www.health.gov.au/resources/publications/caring-for-your-mental-wellbeing)  
(URL - <https://www.health.gov.au/resources/publications/caring-for-your-mental-wellbeing>)
- **Fact sheet** [Help for finances and mental health](https://www.health.gov.au/resources/translated/coronavirus-covid-19-help-for-finances-and-mental-health-other-languages)  
(URL - <https://www.health.gov.au/resources/translated/coronavirus-covid-19-help-for-finances-and-mental-health-other-languages>)
- **Fact sheet** [Help when you need it – supporting your mental health](https://www.health.gov.au/resources/translated/coronavirus-covid-19-help-when-you-need-it-supporting-your-mental-health-other-languages)  
(URL - <https://www.health.gov.au/resources/translated/coronavirus-covid-19-help-when-you-need-it-supporting-your-mental-health-other-languages>)
- **Fact sheet** [Older persons COVID-19 support line](https://www.health.gov.au/resources/translated/coronavirus-covid-19-help-for-older-australians-other-languages)  
(URL - <https://www.health.gov.au/resources/translated/coronavirus-covid-19-help-for-older-australians-other-languages>)
- **Fact sheet** (VIC only) [New mental health clinics to support Victorians during the COVID-19 pandemic](https://www.health.gov.au/resources/translated/coronavirus-covid-19-new-mental-health-clinics-to-support-victorians-during-the-covid-19-pandemic-other-languages)  
(URL - <https://www.health.gov.au/resources/translated/coronavirus-covid-19-new-mental-health-clinics-to-support-victorians-during-the-covid-19-pandemic-other-languages>)
- **Fact sheet** [Digital and telephone support for mental health during COVID-19](https://www.health.gov.au/resources/translated/coronavirus-covid-19-digital-and-telephone-support-for-mental-health-during-covid-19-other-languages)  
(URL - <https://www.health.gov.au/resources/translated/coronavirus-covid-19-digital-and-telephone-support-for-mental-health-during-covid-19-other-languages>)
- **Radio** [How are you feeling today?](https://www.health.gov.au/resources/audio/coronavirus-covid-19-radio-how-are-you-feeling-today)  
(URL - <https://www.health.gov.au/resources/audio/coronavirus-covid-19-radio-how-are-you-feeling-today>)
- **Radio** [Caring for your mental wellbeing](https://www.health.gov.au/resources/audio/coronavirus-covid-19-radio-caring-for-you-mental-wellbeing)  
(URL - <https://www.health.gov.au/resources/audio/coronavirus-covid-19-radio-caring-for-you-mental-wellbeing>)
- **Video** [Support your mental health](https://www.youtube.com/playlist?list=PLKFDUMupjXqjjO4R2wazsNG2Qy6yVUSz)  
(URL - <https://www.youtube.com/playlist?list=PLKFDUMupjXqjjO4R2wazsNG2Qy6yVUSz>)

# Copy for a newsletter, EDM or website

Coronavirus is having a large impact on our lives and we have all had to make changes to stop the spread and keep our friends and family safe.

Some of these changes like physical distancing, staying at home, communicating more online or on the phone, loss of job, financial pressures, and limiting travel may have made you feel isolated and lonely.

You might be having trouble sleeping, feeling anxious and stressed, mood changes, low energy levels or worrying about the future a lot more than you did before.

Many people are having these same feelings at the moment and you are not alone. Looking after your mental wellbeing is as important as looking after your physical health. There's nothing wrong with asking for help. The good news is that there are things you can do to feel better:

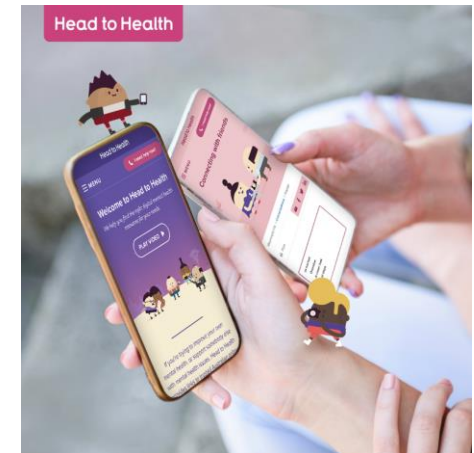
- Keep in touch with family and friends – via phone or video chat. Talking to people about how you are feeling can help you feel better.
- Get enough sleep – sleep will help your body recharge and manage stress better.
- Eat well and stay active – eating healthy foods and exercising is good for mental and physical health.
- Create a routine that works for you – plan your day and have regular bedtime and mealtimes.

During times like these it is important you know where to go for help. The Head to Health website has information and resources to support people from diverse backgrounds who might be feeling overwhelmed, anxious, or just not like themselves.

You can search and access a range of free or low-cost telephone based and online mental health services or find out more information about how to look after your mental health. Visit [headtohealth.gov.au](https://headtohealth.gov.au) for information and resources in your language, and professional support.

If you need support, talk to your doctor or speak with a trained health professional by calling the Coronavirus Wellbeing Support Service on 1800 512 348. If you need interpreter help call TIS National on 131 450 and ask to be connected.

## Example Images to accompany copy





# Sample social media post copy

For Facebook, WhatsApp, WeChat etc

Following is content to assist with making your own social media post (choose one or multiple lines from the Body Copy, and then add the CTA Copy to complete the post). The translated resources are available to download from [health.gov.au](https://www.health.gov.au) in Arabic, Chinese Simplified, Chinese Traditional, Croatian, Greek, Indonesian, Italian, Korean, Macedonian, Nepali, Farsi, Sinhalese, Spanish, Tamil, Urdu and Vietnamese.

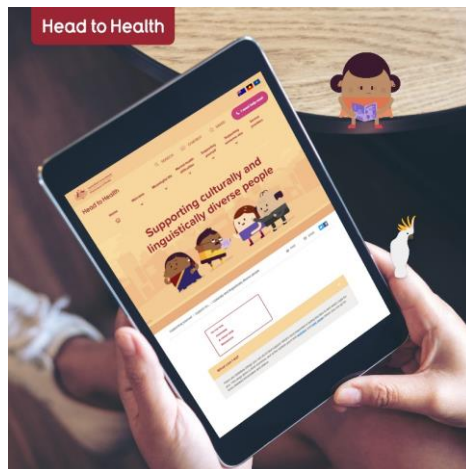
## LOOK FOR THE SIGNS AND GET HELP

[Body Copy]

- Feeling stressed, isolated or worried is common and many people feel the same way. You are not alone.
- If your everyday life is getting worse because of these feelings, this could be a sign that something is not right.

[CTA Copy]

- Visit [www.headtohealth.gov.au](https://www.headtohealth.gov.au) for information and resources in your language, and professional support.



Click here to  
[download](#) the  
translated copy

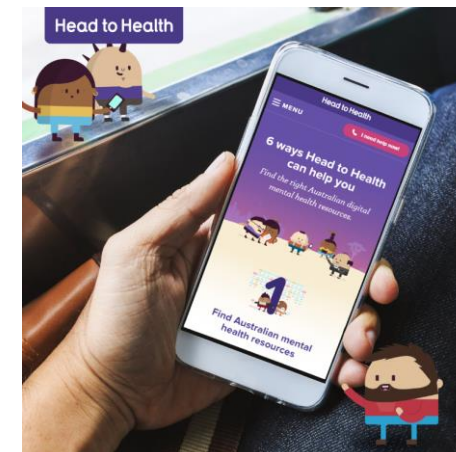
## STAY CONNECTED AND GET HELP

[Body Copy]

- Feeling down, stressed and anxious is common. But there are things you can do to feel better.
- Staying connected to your friends and family by calling or having a video chat, exercising regularly and getting enough sleep can help.

[CTA Copy]

- Visit [www.headtohealth.gov.au](https://www.headtohealth.gov.au) for information and resources in your language, and professional support.






# Social Media Tiles

For Facebook, WhatsApp, WeChat etc

Social media tiles are JPEG files and can be shared on any social media channels. Feel free to use this with the copy from page 8. The translated resources are available to download from [health.gov.au](http://health.gov.au) in Arabic, Chinese Simplified, Chinese Traditional, Croatian, Greek, Indonesian, Italian, Korean, Macedonian, Nepali, Persian Farsi, Sinhalese, Spanish, Tamil, Urdu and Vietnamese.




How are you feeling today?

**Feeling upset  
or worried?**

You are not alone.  
Many people are feeling the same way.

Visit [headtohealth.gov.au](http://headtohealth.gov.au)



How are you feeling today?

**Looking after your  
mental health is as important  
as your physical health**

Stay connected.  
Get enough sleep. Be active.

Visit [headtohealth.gov.au](http://headtohealth.gov.au)



How are you feeling today?

**Support is available**

Talk to your doctor or a mental health professional  
1800 512 348

Translation and Interpreting Service 131 450

Visit [headtohealth.gov.au](http://headtohealth.gov.au)

Click here to [download](#)  
the translated tiles

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