Let's talk about mental health

Looking after your mental health during COVID-19

Maintain a Healthy Lifestyle

Set-up a Daily Routine

Stay Active

Eat Well

Stay Connected

Avoid Drugs & Alcohol

Stay Informed

Health-related information can be found on the Australian Government Department of Health Website.

The World Health Organisation page contains the latest on the Global Response

Seek Support

Speak with friends, family or someone you trust.

Connect with a health professional such as a GP.

Reach out to EAP.

? **Where in my life could I use some more support?**

? **What Can I Do To Improve My Mental Wellbeing?**

BHP