# KEEP OUR COMMUNITIES HEALTHY

Stay connected to keep our mob healthy and stop the spread of COVID-19

It is important to stay connected and strong as a community during the coronavirus (COVID-19) outbreak. That includes looking after our community wellbeing and mental health.

Keep in contact with friends and family over the phone or online. Talk to people about how you are feeling.
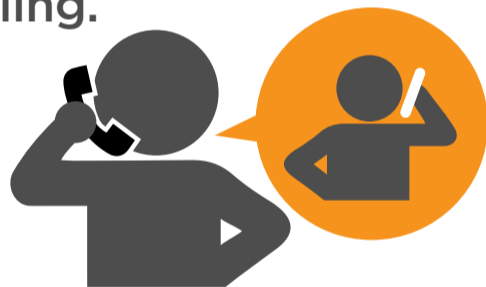
Ask people if they are okay. We need to look out for each other. It's important to think about our levels of stress and anxiety.

Remind yourself this situation will pass.

OK?

If you are spending lots of time on social media or watching lots of COVID-19 news on TV, make sure to **take breaks and do something that you enjoy.**

It might be painting, exercise in the house or yard, spending time with your pets, or playing a game with your children.

Keep up to date on information only from trusted sources and help share trusted information with others.

Look after yourself and others.
Ask for help if you need it.

NSW GOVERNMENT

Centre for Aboriginal Health
working in partnership

- **Need support?**
  Call the Mental Health Line on **1800 011 511**
- **Feeling unwell?**
  Call Healthdirect on **1800 022 222**
  For more information: **nsw.gov.au/covid-19**