

Things you can do when you are in isolation

meditate



read



call friends



eat and sleep
well



exercise and
stretch



youtube



draw



online games



music



get help



Translator help: 131 450
tisnational.gov.au

Mental health support:

beyondblue 1300 224 636 **Lifeline** 13 11 14

MindSpot Clinic 1800 61 44 34

Kids Helpline 1800 55 1800

Alcohol and other drug support:

Alcohol and Drug Support Line (08) 9442 5000

Country Toll-free 1800 198 024