



# Helplines and other resources

With many of us working remotely and physically apart from our colleagues and friends, it's more important than ever to keep safe and stay connected.

Isolation can augment feelings of stress and anxiety. While we're all playing our part to prevent physical illness, it's important to remember that mental health challenges are also critical to wellbeing.

## YOU MAY BE PHYSICALLY ISOLATED, BUT YOU ARE NOT ALONE

- LifeLine: 131114
- Beyond Blue: 1300224636
- ReachOut: [au.reachout.com](http://au.reachout.com)
- CSIRO Employee Assistance Program: 1300 687 327

For children:

- Kids HelpLine: 1800 551 800

For members of the LGBTIQ+ community:

- QLIFE (open 3pm – midnight)  
Phone: 1800 184 527  
Webchat: <https://qlife.org.au/resources/chat>

## FOR THOSE WHO NEED URGENT ASSISTANCE

- Suicide Call Back Service: 1300 659 467
- 1800 RESPECT: 1800 737 732
- DV Connect:  
Women: 1800 811 811  
Men: 1800 600 636

## HELPFUL RESOURCES

- 10 ways to take care of yourself during COVID-19 – from [reachout.com.au](http://reachout.com.au)  
<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>
- Work and your mental health during the COVID-19 pandemic – This is a great resource from Heads Up/BeyondBlue covering most aspects of stress and work in COVID-19 including working from home and losing your job. Your family and friends may be dealing with the stress of job insecurity. Beyond blue has helpful info.  
<https://www.headsup.org.au/your-mental-health/work-and-your-mental-health-during-the-coronavirus-outbreak>
- Tips on how to maintain work/life balance when working from home – Black Dog Institute  
<https://www.blackdoginstitute.org.au/news/news-detail/2020/03/24/working-from-home-a-checklist-to-support-your-mental-health-during-coronavirus>
- Coping Calendar – 30 activities and strategies to keep calm and stay kind  
<https://www.actionforhappiness.org/coping-calendar>



CSIRO STAFF  
ASSOCIATION

For individual workplace advice and support contact your local *delegate* or Staff Association *organiser*

**WWW.CSIROSTAFF.ORG.AU**

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