

# Staying connected during COVID-19

## Fact sheet

An important aspect of our wellbeing is being socially connected with others.

As we take crucial social distancing measures to slow the spread and the impact of COVID-19, it is more important than ever to find ways to maintain our connections and keep in touch with loved ones, friends, colleagues, and our support networks.

It is also important to connect with others who may need more support such as the elderly, those living alone or who are self-isolating due to their age and/or health issues, and households experiencing domestic and family violence or other social issues.

This time will challenge us all in the ways we live and work. It is natural that we may experience feelings such as fear, anxiety, sadness, helplessness and overload but remember we are all experiencing this together.

Staying connected with our networks and looking out for others is important for everyone.

## Maintain connection through technology

Think of creative ways to stay connected with others:

- chat on Skype, Facetime and Zoom to still see each other
- join online interest groups
- re-connect with an old friend for a phone chat or pen an old-fashioned letter!
- connect with those in self-quarantine through windows, videos or notes on the door.

## Be generous or volunteer

Helping others in times of need is good for everyone. Help others by:

- assisting someone in your street who may need support with groceries
- checking in with neighbours by phone, across the fence or footpath
- volunteering with a charity that supports those who are more vulnerable.

## Keep things in perspective

Try to focus on the positives. View it as an unusual period that might not be all bad, and might even have some benefits.

Avoid focusing on things that have been taken away from you; use the time to work on some personal goals or reconnect online with people you have lost touch with.

Identify things to be grateful for such as continued good health, a job, more time to connect with loved ones, or even just having a garden to retreat to at home.

## Stay true to your values

Try not to let fear or anxiety drive your interactions with others—it's important to show patience, kindness and understanding.

Everyone is in this together and each person is dealing with their own fears and challenges.

## Counselling support

Reach out for professional support and assistance if required at this time.

Your [Local Employee Assistance Service](#) (EAS) is available to provide confidential counselling and support to Queensland Health employees and their immediate family members .

### Counselling support is also available through the following mental health support services:

- Beyond Blue's specific [COVID-19 mental health support service](#) (phone: 1800 512 348) (you can also access Beyond Blue's usual support service phone: 1300 22 4636 or [www.beyondblue.org.au/get-support](http://www.beyondblue.org.au/get-support))
- Lifeline (phone: 13 11 14, [www.lifeline.org.au](http://www.lifeline.org.au))
- Suicide Call Back Line (phone: 1300 659 467, [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au))
- Sane Australia (phone: 1800 187 263, [www.sane.org](http://www.sane.org))
- Kids Helpline (phone: 1800 551 800, [www.kidshelpline.com.au](http://www.kidshelpline.com.au))
- Mind Spot (phone: 1800 61 44 34, [www.mindspot.org.au](http://www.mindspot.org.au))
- Headspace (phone: 1800 650 890, [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace))
- DV Connect Womensline (phone: 1800 811 811, [www.dvconnect.org/womensline/](http://www.dvconnect.org/womensline/))
- DV Connect Mensline (phone: 1800 600 636, [www.dvconnect.org/mensline/](http://www.dvconnect.org/mensline/))
- 1800 Respect (phone: 1800 727 732, [www.1800respect.org.au/](http://www.1800respect.org.au/))
- QLife (LGBTIQ) (phone: 1800 184 527, [www.qlife.org.au/](http://www.qlife.org.au/))