

Supporting You Through the COVID-19 Pandemic

Access free online tools and learn practical ways to protect your mental health.

<https://covid19.thiswayup.org.au/>

Getting Through

Click below to download guided workbooks with practical tips and strategies that can support your emotional well-being during times of stress and uncertainty.

Calming Your Emotions



Click here to
Download the PDF

<https://bit.ly/DMSC-TWU-CYE>

Knowing What to Say



Click here to
Download the PDF

<https://bit.ly/DMSC-TWU-KWTS>

Focusing on Solutions



Click here to
Download the PDF

<https://bit.ly/DMSC-TWU-FOS>

Staying on Track

Listen to the Staying on Track Audio Guide and learn about **three simple things you can do to stay grounded, connected, and moving forward** during the coronavirus outbreak.

It comes with a resource pack containing a **wide range of psychological strategies** you can use to help you get through this tough time.

Click here to
Download the Resource Pack

<https://bit.ly/DMSC-TWU-RP>

