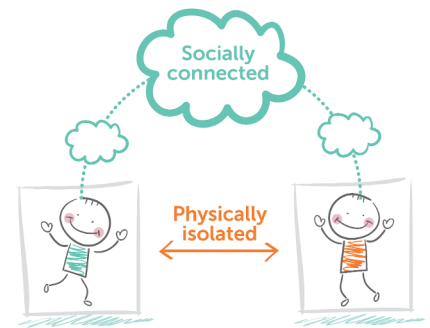


#StayConnectedWhilstSeparated  
 #StayConnectedWhilstApart  
 #PhysicalDistancingSocialConnection



APMHA - 1300 514 811  
 www.apmha.com.au  
 admin@apmhahealthcare.com.au

COVID-19 update for our valued clients - 26.03.20  
 #KeepingYouConnected  
 #StayConnected

STAYING MENTALLY AND PHYSICALLY WELL

1. Be well prepared by:

- \* stocking up on medications & scripts for 1 month
- \* making sure you have your flu shot when available
- \* ensuring you have enough food supplies for 2 weeks



2. Set up a daily routine

- \* plan activities, reading, watching a movie, craft and hobbies
- \* start a veggie garden
- \* implement good sleep patterns
- \* draw on skills you have used in the past that have helped you manage stressful situations.



3. Keep active and healthy

- \* create an exercise routine for home to keep your body moving
- \* plan your meals and ensure healthy options
- \* set goals (small achievable goals) to do each day
- \* keep a diary or get an accountability buddy



4. Try to remain positive

- \* reduce stress by avoiding 24/7 news feeds - keep it paced
- \* meditate or practice mindfulness activities
- \* let go of things that are not important
- \* practice being thankful for three new things each day



5. Minimise the use of alcohol / cigarettes and other drugs

- \* substances can put you at more risk physically and mentally.
- It is important to not drink any more than 2 standards drinks per day.



6. Stay connected

- \* talk regularly with friends, family and support services. Please ensure physical distancing - but maintain social connection.

#stayconnected

7. Stay informed - Get the facts from good sources

- \* avoid 24/7 news feeds and social media alerts.
- \* Link Here for informaton about COVID-19 (signs / symptoms / risk factors)
- \* Link Here for Victorian updates
- \* Link Here for NSW updates

Commonly asked questions:

1. Should I keep my appointment with my dentist?

Ring your Dentist to see if they are still open. If you have no symptoms & you have not been exposed to COVID-19 - then you should be fine to attend. Please clarify this with them first.

2. Should I keep my psychiatrist appointment?

If you are concerned, you can request an appointment over the phone or via video. Please call your psychiatrist for guidance.

3. Do I have to see my Doctor to get a prescription?

If you are needing a new script, call your GP surgery and explain what you need. The reception staff will guide you and explain how they can provide this to you.

4. Should I keep my appointment with my counsellor?

Yes - we are able to transfer everyone to telehealth options. This means either phone or secure video platforms. Please speak to your counsellor to get help with this before you next appointment.

HAVE A QUESTION?

Please phone your counsellor, your GP or email us at: admin@apmhahealthcare.com.au

EMERGENCY RELIEF PACKAGES:

Victorians who are self-isolating due to COVID-19 who have no access to food and essential supplies will receive emergency relief packages from 23rd March by the Victorian Government.

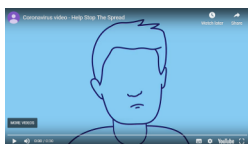
The packages will be delivered door-to-door, with other distribution points to be established as required. The emergency relief program for those in mandatory self-isolation will be coordinated by the Red Cross in partnership with Foodbank Victoria and under the direction of the State Relief Coordinator

To access this service please contact the Coronavirus hotline on 1800 675 398 or your counsellor to help you.

DAILY THINGS TO PONDER:

1. What am I grateful for today?
2. Who am I Checking In On or Connecting With today?
3. What expectation of 'normal' am I letting go of today?
4. How am I getting outside today?
5. How am I moving my body today?
6. What beauty am I either creating, cultivating or inviting in?

VIDEO LINK - ABOUT THE CORONA VIRUS



GREAT WEBSITES AND PHONE APPS



Free guided treatment for anxiety and depression



A daily mindfulness and meditation guide at your fingertip



A personalised self-help tool for your mental health



Create a support crew to help you through hard times