



NEPEAN FOOTBALL ASSOCIATION INC

Mental Health Resources During COVID-19 Crisis

Many people use sport as a vehicle to alleviate the symptoms of mental health disorders and challenges. At Nepean FA, we acknowledge that we don't have all the answers, but our football family is important to us and we want to make sure you know that if your mental health is negatively impacted by the crisis, help is not far away.

Below are links to organisations both local and international that provide resources and information to help you cope.

Beyond Blue has fact sheets about [anxiety](#) and offers other practical advice and resources at beyondblue.org.au. The [Beyond Blue Support Service](#) offers short term counselling and referrals by phone and webchat on 1300 22 4636.

For Coronavirus specific advice, use this link;

<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

Life In Mind website – also contains great links to other organisations that can help specific subsets of mental health.

<https://www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19>

Lifeline – Covid-19 Specific advice:

<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Mental Health Innovation website – also links to other websites and is available in multiple languages:

<https://www.mhinnovation.net/resources/addressing-mental-health-and-psychosocial-during-covid-19-outbreak>

Healthline Website: Coronavirus specific advice:

<https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>

World Economic Forum – Article:

<https://www.weforum.org/agenda/2020/03/covid19-coronavirus-mental-health-expert-insights/>

Emerging Minds – Children Specific

<https://vimeo.com/394049129>

World Health Organisation – Article:

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8