**Looking after your mental health and wellbeing**

The Government’s **digital mental health gateway** <https://headtohealth.gov.au/> is a good place to start.

**Beyond Blue’s** Coronavirus mental wellbeing support service is available 24/7 through <https://coronavirus.beyondblue.org.au/> or call 1800 512 348.

Resources from the **National Mental Health Commission** can be found here: <https://www.mentalhealthcommission.gov.au/inthistogether>.

#GettingThroughThisTogether – Supporting our Mental Health during COVID-19

<https://www.mentalhealthcommission.gov.au/GettingThroughThisTogether>

**Drs4Drs support service** – call 1300 374 377 or visit [www.drs4drs.com.au](http://www.drs4drs.com.au).

**The Essential Network (TEN)** <https://www.blackdoginstitute.org.au/ten/> is a mobile app that connects and provides fast, easy, anytime access to evidence-based tools, resources, programs and specialists.

Developed by health professionals for health professionals, it’s a one stop resource and help centre, providing self-assessment, self-management and treatment for stress, anxiety and symptoms of depression.

**Smiling Mind** is a free mindfulness app currently offering frontline health professionals free access to the premium version <https://www.smilingmind.com.au/smiling-mind-app>.