



CONNECTION TO MIND & EMOTIONS

Stay informed so you know what to do

Go to reliable sources to get the facts and information on what services and support is available.

Listen to any advice given by your health workers.

Check the KAMS website & facebook page
www.kams.org.au

Make time to relax.
Step away from
screens when it gets
too much



Get creative

- Start activities that make you happy, like creating art, playing guitar or listening to music
- Think of new way you can do your day-to-day activities safely

Reach out and ask for support

- Reach out to someone you trust if you feel worried, scared or a bit more stressed than normal by phone, internet, or sing out from 2 big steps (2 metres) away.
- If you, or anyone you know, would like some extra support, online or telephone support is out there.

**Check the KAMS website & Facebook page for
information on Social and Emotional
Wellbeing resources, services and support.**

#StayConnected