

Take control of your wellbeing
during the COVID-19 pandemic

Neami Wellbeing Link



The psychological, social and economic impacts of the COVID-19 pandemic can have a significant effect on your mental health and wellbeing.

It's natural to feel a range of emotions, such as stress, worry, anxiety or low mood.

Wellbeing Link provides free phone and video-based support to help you improve your wellbeing in response to the COVID-19 pandemic.



Coaching to support improved wellbeing

Over four sessions, a Wellbeing Coach will work with you to understand your wellbeing, what matters to you and find what helps.

- Understand your current state of wellbeing and where there may be opportunities to develop your strengths
- Build confidence to make meaningful changes
- Connect with others
- Be hopeful and optimistic about the future
- Lead a fulfilling and meaningful life.

The value of experience

Wellbeing Coaches are experienced mental health support workers who use an evidence-based approach to provide wellbeing and emotional support.

Our Wellbeing Coaches also draw from their lived experience, including a personal experience of mental health challenges, to provide perspective and insight.



Flexible support to suit your needs

We work with each person to ensure that the right support is available at the right time.



Work out what is wrong

Explore what is causing your stress or anxiety and gain clarity on your thoughts, feelings and experiences.



Get things under control

Through coaching, counselling and practical strategies, find ways to manage stress, anxiety and improve wellbeing.



Get on with life

Identify people in your life, support services, and other resources to draw on during times of stress.

Connected to local communities

While the four sessions are provided over the phone or video-chat, our team are located right across Queensland.

This connection to local communities ensures that if required, we can help find the right ongoing support for your needs, close to you.



Eligibility

To be eligible for Wellbeing Link support, you need to be 16 or over and:

- experiencing increased life stressors
- noticing signs of anxiety and/or depression, such as:
 - Low mood
 - Feeling overwhelmed
 - Low energy
 - Feelings of hopelessness
 - Fear, nervousness or worrying
 - Avoidance of social situations
- Not using a community or clinical mental health service
- Have access to phone or video-chat enabled device.

Get started or refer someone you know

Call **1300 147 600** to speak with the Wellbeing Link team in your area to begin making changes to improve your wellbeing. We offer a state-wide service across Queensland.

If you would like to refer someone you know, referrals must be discussed with the individual before making contact.

We encourage referrals from people who identify as LGBTIQ, culturally diverse, Aboriginal or Torres Strait Islander people, and refugees.

Contact Neami Wellbeing Link

Phone: 1300 147 600

Email: wellbeinglink@neaminational.org.au

www.neaminational.org.au/wellbeinglink

About Neami National

Neami is a community-based organisation providing services to improve mental health and wellbeing in local communities.

We support people to improve their health, live independently and pursue a life based on their strengths and goals.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.



Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.