

# More support for Western Australians' wellbeing during COVID-19

Thursday, 9 April 2020

New mental health campaign launched to focus on self-care during the pandemic  
Encouraging Western Australians to Be Positive. Be Connected. Be Active

A new mental health campaign has been launched today to help Western Australians manage their wellbeing through the COVID-19 pandemic.

The McGowan Government has recognised that people will be experiencing heightened levels of anxiety and stress during this unprecedented time, the \$455,000 campaign aims to help people manage these feelings while linking them into support services.

Think Mental Health's Be Positive. Be Connected. Be Active. campaign focuses on self-care and wellbeing strategies. It provides ways people can support each other and where they can get further help, should they need it.

The campaign will run on TV, digital, and social media as well as in GP surgeries and other targeted settings over the next four months.

Visit <http://www.thinkmentalhealthwa.com.au> for more information or to access resources.

## Comments attributed to Mental Health Minister Roger Cook:

"Protecting Western Australians is always our priority. This doesn't just mean physical health - but their mental health too and we recognise that there is continuing community concern in relation to COVID-19 and the related mental health impacts.

"My hope is that everyone will be able to find ways to be positive, connected and active during this time.

"Ultimately we want to reduce worry and stressors in the population as we know this can lead to long-term consequences within communities and families."

Minister's office - 6552 6500