

NAVIGATE YOUR MENTAL HEALTH TRAIL

WEEK FOUR - GET CONNECTED

Getting connected is a great benefit to your mental health and wellbeing! While we are physically distanced, we need to make sure we stay socially connected to our friends, family, colleagues and community. Social connection boosts mood, empathy, self-esteem, social skills and reduces anxiety and loneliness. Who will you connect with this week?



Day 22 - Write a note – Use the community note template on the back of this Guide to share a message of hope with a neighbour or loved one – lets spread joy via mailboxes!



Day 23 - Phone a friend – support each other by staying connected. Whether you do a video or voice call, you can share a cuppa, a meal or just talk about your day. Who will you call today?



Day 24 - Volunteer – if you can, consider how you can support your wider community. Donating your time helps spread the load of caring for the vulnerable in our community, and there are often even ways you can help from home, Head to [volunteeringact.org.au](https://www.volunteeringact.org.au)

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Day 25 - Games night – whether in your household or online, enjoying games together is a great bonding experience, and a chance for some fun!



Day 26 - Walk and talk – combine your daily exercise with a good chat. This can be with a member of your household, your COVID bubble person or dial a friend or family member you can't yet see in person for a catch-up.



Day 27 - Have a picnic – spend time outdoors with your household or others in your region. Have a driveway picnic, send a box of goodies to someone you can't yet see in person to remind them you care.

(please check ACT COVID-19 restrictions in place at the time)



Day 28 - Seek help – if you have found that you are struggling at this time, there are people to support you.

You can call Lifeline 24/7 on 13 11 14

Get in touch with a community mental health service:

www.health.act.gov.au/services-and-programs/mental-health/support-and-counselling-services
navigator.mhcv.org.au/