

6 things you can do

for your mental health when facing financial distress

Financial distress usually causes emotional distress. Combine this with family, health and employment concerns around the Coronavirus crisis, and it can be hard to cope. **Your mental health is important.** Getting the support you need will give you the best shot at staying healthy as you face financial distress.



CONNECT

Staying connected with the people in your life can support your mental health and wellbeing.

Find someone you trust to talk to. Stay connected to your loved ones by phone, social media and video chats.



SEEK FINANCIAL SUPPORT

The Government is offering a range of financial support to people who have been affected by the economic consequences of the Coronavirus.

[Check which Government economic support payments you may be eligible for.](#)

It's also a good idea to speak with your bank and loan provider as soon as possible if you're finding it hard to meet your loan obligations.



TAKE TIME OUT

Keeping your brain active and your body moving can alleviate stress and help to give you a clearer perspective during challenging times.

Move, meditate, read, jog, lift heavy things, knit, paint, build something – it doesn't matter what it is, if it allows you to get some time out, keep doing it.



GET EXPERT ADVICE

If you're worried about bankruptcy, you should get some expert advice as soon as possible.

[Professional Members of ARITA](#) – the Australian Restructuring Insolvency and Turnaround Association are the most qualified bankruptcy experts. Most of them offer a free initial consultation to help you understand your financial position and what options you have available.



BEWARE OF FALSE PROMISES

Unfortunately, there are a lot of unlicensed business and debt advisors offering dodgy bankruptcy advice. They take advantage of vulnerable people and can get you into trouble by advising action that is against the law.

To stay out of trouble it's best to talk to an [ARITA Professional Member](#). Remember the old saying: if it seems too good to be true, it probably is.



ASK FOR HELP

It's always OK to ask for help. If you're struggling and need to talk to someone about issues you're experiencing, please speak to your local GP or reach out to one of these support services:

[Beyond Blue](#): 1300 22 4636 **(24/7)**

[Lifeline](#): 13 11 14 **(24/7)**

[Suicide Call Back Service](#):
1300 659 467 **(24/7)**

[MensLine](#): 1300 78 99 78 **(24/7)**

[SANE](#): 1800 187 263
(10am – 10pm, Monday – Friday)