

# STOP THE SPREAD

## STAY STRONG

### TIPS FOR WORKING FROM HOME

**ESTABLISH A ROUTINE:** Set a start and finish time to your day, and schedule the same usual breaks.

**MANAGE YOUR TIME AROUND YOUR OTHER RESPONSIBILITIES:** It's okay to move between work and home responsibilities.

**PLAN YOUR DAY:** Check in with your supervisor and co-workers regularly.

**CONNECT ONLINE:** Use video calls or tele-conferencing when possible



**SEEK EMOTIONAL SUPPORT WHEN YOU NEED IT:** Acknowledge any stress or anxiety you may have.

- SA Aboriginal Mental Health Support and Advice Line (Thirilli): 1800 841 313
- SA COVID-19 Mental Health Support Line: 1800 632 753 (8am to 8pm, 7 days)
- Emergencies: 000
- Suicide Call Back Service: 1300 659 467
- SA Mental Health Triage: (24/7) 131 465
- Lifeline Australia: 131 114
- Mensline Australia: 1300 789 978
- Kids Help Line: 1800 551 800
- Alcohol & Drug Information Service (ADIS): 1300 131 340
- 1800 RESPECT or 1800 737 732 for confidential information, counselling and support
- SA COVID-19 Information Line: 1800 253 787
- If your home isn't safe, reach out to someone who can help; police, community workers or leaders, or other people you trust.

**EXERCISE:** Take regular breaks, try to go for a walk, stretch your legs, ride your bike, do your normal exercise or take up a new one.

**UNPLUG:** Disconnect and unwind at the end of your working day.



TO DO LIST



PHONE PEOPLE



EXERCISE



CONNECT  
ONLINE

### FURTHER INFORMATION

SA Government COVID-19 website  
[www.covid-19.sa.gov.au](http://www.covid-19.sa.gov.au)

AHCSA COVID-19 website  
[www.ahcsa.org.au](http://www.ahcsa.org.au)



Government  
of South Australia



Aboriginal Health Council  
of South Australia Ltd.

*our health, our choice, our way*