While we can all experience pandemic fatigue in different ways, it is possible to counter its effects. Look out for some of these signs in yourself and those around you and take practical steps to be kind to yourself, stay connected, check in with each other, and seek professional support when needed.

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or make contact with any of the services (available 24/7) below:

**Coronavirus Mental Wellbeing Support Services:** 1800 512 348
**Lifeline:** 13 11 14
**Kids Helpline:** 1800 551 800
**www.headtohealth.gov.au**