

MEDIA RELEASE
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COVID-19 Mental Health Peer Support Line

Thursday 9th of April 2020

A new Peer led mental health support line to help South Australians deal with the emotional distress of the pandemic

Many people are feeling the emotional distress of the pandemic, whether it is due to self-isolation, the fear of becoming ill or the overwhelming speed of change in the daily routine. The South Australian government has put various measures in place in recent times to increase mental health resourcing for everyone in the community.

The South Australian Virtual Support Network is a network of services to provide prevention and treatment services to South Australian's affected by the COVID-19 Pandemic.

COVID-19 Mental Health Peer Support Line is a new initiative that will be facilitated by Skylight Mental Health lived experience workers, and sponsored by the Office of the Chief Psychiatrist on behalf of the SA Government.

Callers will receive support from highly skilled and qualified staff who have lived through their own mental health recovery journey. These peer support workers combine their mental health skills and knowledge with their personal experience of recovery to build connection with the caller and to deliver invaluable support. Skylight staff will also be able to refer callers to COVID19 information and websites.

This after hours telephone and web chat support service is open every day from 5pm -11.30pm providing real time support to people in distress, as well as providing strategies to cope during these tough times. This service is available to all South Australian including callers from regional South Australia.

Access to the COVID-19 Mental Health Peer Support Line is via a free-call telephone number 1800 02 2020 or via web-chat via Skylight's website www.skylight.org.au/COVID-19-Support-Line. Anyone accessing the service can choose to remain anonymous.

Paul Creedon, CEO of Skylight Mental Health, recently said: "At a time like this, everyone needs support. People are encouraged to reach out to this understanding and compassionate team, based in Adelaide; with the local knowledge of available services and support options."

For more information about COVID-19 Mental Health Peer Support Line email COVID19PeerSupport@skylight.org.au or call 1800 02 2020.

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