

## Coping with stress and uncertainty during COVID-19



The Coronavirus (COVID-19) pandemic has led to increased pressure and stress on many Australians, with people across the country experiencing impacts on their daily lives, routine, social connections and financial security. There has been an increase in mental health symptoms in Australia and while feeling stressed or anxious is normal during times of uncertainty, for some people these feelings can become overwhelming. People who are experiencing alcohol and/or other drug problems, or their family and friends who are supporting them may be more affected by the impacts of COVID-19.

Below are some factsheets which provide tips and strategies for looking after yourself and your loved ones.

It is important to know that there is help available and there are several free, confidential services available across Australia which [can be accessed here](#) or via the Get Support button. There is also a free online program and support package for families and friends supporting loved ones using alcohol and other drugs. The Family & Friend Support Program is available 24/7, accessible via [the FFSP website \(aod.ffiip.com.au\)](http://the.ffiip.website)