



Mental Health Support

For the Post Pandemic Period

*For many people, the experience of the pandemic, whether it was losing a loved one, being on lockdown, exposed to the virus, ongoing cost of living difficulties, increased uncertainties, international events of war and despair, has left people **experiencing ongoing mental and physical health issues.***

For some people, symptoms may present as:

- Feelings of isolation, disconnection
- Sustained low mood
- Anxious and fearful
- Fatigue (tiredness)
- Shortness of breath
- Problems with your memory and concentration ('brain fog')
- Ongoing lethargy, psychological distress and the inability to 'bounce back' after the prolonged pandemic period.
- Grief after loss of a loved one during the pandemic period

I have experienced some of the symptoms above or have struggled with my physical and mental health in the post-pandemic period; what can I do?

You should speak with your doctor about your symptoms if they are ongoing. Your GP then may be able to refer you to additional support through the ***Mental Health: Post Pandemic Support program.***

What is the Mental Health Support for the Post Pandemic Period Program?

This is a program for people in Western Sydney who have been diagnosed by their GP as requiring mental and physical health support to **reduce the impact of post pandemic mental health/ physical health symptoms** or to **improve their health and wellbeing** in the post pandemic period.

*PsychCentral have been funded by WentWest PHN to provide this support for **eligible people in Western Sydney** and this support would be of **no cost to you**, your loved one or person you support.*

How would you support help me?

By working with mental health and allied health professionals Psychcentral will be able to offer a supported, well rounded and tailored care that would benefit both your physical and mental health and would work closely with you and your doctor to ensure these approaches have a positive effect on reducing some of the debilitating effects due to post COVID symptoms.

I think this program might be for me, what do I do next?

You should make an appointment to speak with your GP, and using the included QR code, the GP will fill out a referral form and upon receiving this psychCentral will contact you about booking in your initial appointment.

If you cannot get an appointment with your GP, please contact PsychCentral mentalhealth@psychcentral.com.au and we will get you to fill in an intake form to see our psychologist, and we will write a letter for you to take to your GP after your psychologist session.

Mental Health: Post Pandemic Support Program Process

