

How to help yourself and your patients manage mental health and wellbeing during the COVID 19 pandemic

Mental Health Foundation

<https://www.mentalhealth.org.nz/get-help/covid-19/>

Phone: **1737** - operating 24/7

FACE COVID Online support video and pdf attachment

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Anxiety NZ Trust

<https://www.anxiety.org.nz/>

Changes in Auckland DHB mental health referrals due to COVID-19 response

The Mental Health Emergency Alternative is now based at Greenlane Clinical Centre. This service will be similar to the existing Urgent Response Service, and contact will occur the same way via 0800 800 717.

Further details are in the attached letter.

[Letter to GPs - changes in Auckland DHB mental health referrals .pdf](#) [309.2 KB]