

Tips to Help You Through Feeling Isolated During Isolation

Getting Support

We acknowledge that the LGBTI community experience particular challenges during this already challenging time, especially if you were born overseas and are studying, working or moved here recently. If you're feeling lonely, anxious, or isolated, it's okay - you can reach out for support. Get help if you need it, don't hesitate to talk to someone. Tell a trusted friend if you're having negative thoughts and support each other through it.

Rainbow Connection:

- If you're feeling isolated and looking to connect with others for some support then give us a call. We have people from our communities here to listen for a chat - let us know how you're feeling.

Phone: 1800 961 780 (9am – 5pm, Monday to Friday)

Email: rainbowconnection@thorneharbour.org

Counselling Services:

- If you are feeling distress, anxiety, depression, or struggling with drugs or alcohol and need help, we are offering more formal counselling services via Telehealth or over the phone. Get in touch with our intake worker and they can help organise the right person for you.

Phone: (03) 9865 6700

Email: counselling@thorneharbour.org

✂ [Click HERE for more information about COVID-19 on the Thorne Harbour website](#)

If You Need Immediate Support:

- **Switchboard**

Switchboard provide free peer-based telephone support & information for the LGBTIQ community, including those experiencing intimate partner violence and people of colour.

Phone: 1800 184 527 (3pm - Midnight everyday)

- **Q-Life**

Q-Life is a Switchboard partner that provide free online webchat.

[Chat to someone online](#) (3pm – Midnight everyday)

- **Lifeline**

If you are feeling suicidal and need crisis support immediately

Phone: 13 11 14

Tips to Help You Through Isolation

1) Change Your Mindset

- Changing the way we about a situation can improve our outlook and help us feel more positive about a situation.
- Instead of thinking 'social distancing', we can think of it more as physical distancing - we can still be social and stay connected to each other, we just can't be as physical for a while.
- We are always so busy running around with no time on our hands - perhaps we could see this as an opportunity to just relax and take a break from the busy lives we lead.
- With so much negative news and information overload, it can be difficult to be positive during this time. If things are getting you down, take 5-10 minutes out of your day to think about positive things, like some things you are happy about and what we can be grateful for.

2) Be Social

- Now that we are thinking of things in terms of physical distancing, remember, we don't have to be socially isolated at all. Be social by connecting with friends & family, or friends you have not spoken to in a while.
- Join in some online events that may be happening - you can look at Thorne Harbour's Event page for [upcoming events](#).
- Check out some of online event ideas on [Them.Uz](#) or [Matador Network](#).

3) Take A Break From the News

- Turn off the TV and stop watching the 24/7 news cycle for a bit. If you have to, then only update yourself once a day or limit news to 15 minutes.
- If you are reading news, scroll past headlines or articles that you think may make you feel worse.
- If this is difficult, ask a trusted friend to let you know what is necessary.
- Read some other queer media such as [MELD Magazine](#), [ARCHER](#), [Star Observer](#).

4) Upskill & Chill

- Teach yourself something you've always wanted to learn or try learn something new.
Some ideas of areas to up-skill in:
 - Learn a new language
 - Become a masterchef with online cooking classes
 - Practice drawing, painting or doing crafty things like making jewellery. You can get everything online these days.
 - Learn a new skill that you think you can help others with. Being able to help others is very rewarding and can take the focus off the current situation.

5) MakeOver

- Re-decorate or give your space a new look.
- Clean out your room and de-clutter. This can do wonders for your mental state.
- Have your own fashion show as you clear out your wardrobe and put new outfits together.
- Take the perfect selfie of your new look and share it with friends.

6) Get Outdoors

- Being outdoors in nature is exceptionally good for your mental health and over all wellbeing.
- Get outdoors and head to a park. Fresh air, nature and exercise is good for easing your mind, managing stress and feeling calmer.
- Being active is really good for your health, it boosts your immune system and is excellent for lifting your mood.
- Remember to keep your physical distance from others when doing this.

7) Practice Mindfulness

- Without the distraction of our regular daily activities, we have a chance to be present and aware of what emotions come up.
- Be aware of your thoughts without judgement and just observe what arises.
- Get to understand why these thoughts arose and give yourself compassion.
- Start journaling and writing down your thoughts on paper. This can help ease a busy mind when you can see it in front of you, rather than letting your thoughts overwhelming you.
- Doing activities such as [meditation](#), [Wim Hoff breathing](#), [Qi Gong](#) or [yoga](#) can be really good for you.

8) Help Others

- If you have free time, why not volunteer to help others. Thorne Harbour has a great volunteer program with a number of ways you can help out.
- Visit Thorne Harbour's Volunteer page or get in touch to find out more.

Email: volunteer@thorneharbour.org

9) Practice self-care

- Be mindful of what you eat and keep a healthy diet. Take care of your body as a healthy body and mind always means you have a stronger immune system.
- When do we ever get enough sleep? Try to get at least 7 - 8 hours each night, it is so beneficial for your mind and body.
- Do something a little bit active each day to keep blood flowing and to increase your energy levels.

Multicultural Social Support

We celebrate Multiculturalism and the unique experiences that individuals have coming from a different cultural or religious background. Reconciling different aspects of our identity can be challenging, but it also builds cultural pride and resilience, especially as part of our LGBTI communities.

Being in touch with our communities can be such a big support for us during this time. There are a number of different social support groups for different populations. Most of the groups have moved their meet-ups to online calls or activities.

Don't be afraid to get in touch, they are always welcoming and will be glad to have you on board. There are a variety of social support groups for a number of different LGBTI populations.

Some of these groups include:

- Chinese & Cantonese speaking
- Jewish
- Balkic
- South-Asian
- Latin-American
- And more...

To find out more about the work we do with Multicultural Groups visit [Thorne Harbour's Multicultural Health](#) page or get in touch.

Email: multicultural@thorneharbour.org