

Stay healthy, get help for your mental health – Dr Zhongyu Yuan –
Cantonese (Traditional Chinese) script

Line #	Line English	Translated
1	COVID-19 has affected everyone's lives and you are not alone if you've found it hard to cope.	COVID-19 (新冠病毒) 疫情影響了每個人的生活，如果您覺得難以應對，其實你並不是一個人。
2	And getting help early for your mental health is better for you - and everyone around you.	爲了你同你身邊的人，請及時尋求心理輔助。
3	Your GP is always a good place to start or you can call HeadToHelp, a new mental health service for Victorians affected by the coronavirus pandemic.	如果你需要尋求幫助，你可以諮詢你的家庭醫生，或者致電head to help – 這個是維多利亞州政府為受冠狀病毒疫情影響的人提供的心理健康輔助熱綫。 (請注明是24小時服務熱綫)
4	The HeadToHelp service is free for anyone living in Victoria. This includes people on student, bridging and temporary visas.	任何生活在維多利亞州的任何人士均可免費使用 HeadToHelp 服務。這包括持學生簽證、過橋簽證和臨時簽證的人士。
5	There are free interpreters and confidential services to support people during this difficult time.	這項熱綫提供免費的翻譯服務并且遵守嚴格的個人私隱保護
6	These services are free irrespective of your visa status.	無論你持有邊種簽證都可以使用此免費服務。
7	Call 1800 595 212 or see your GP.	請致電1800 595 212或諮詢您的家庭醫生 (GP) 。

8.	Stay Healthy, Get Help	保持健康, 寻求帮助
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