

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

Line #	Line English	Translated
1	The COVID-19 pandemic has affected us all.	COVID-19（新冠病毒）疫情影響了我們所有人。
2	For someone you know, it may have caused so much stress that they are not coping.	你身邊可能有人無法承受這種壓力
3	Maybe they're always sad or angry, drinking too much, gambling or using drugs.	他們可能經常覺得悲傷或者憤怒，酗酒，賭博或者吸毒。
4	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。
5	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。
6	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。
7	There are free interpreters and extra, 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。

8	Call HeadToHelp on 1800 595 212 or see your GP.	HeadToHelp 請致電 1800 595 212 或諮詢您的家庭醫生（ GP ）。
9	Stay Healthy, Get Help	保持健康，寻求帮助