Stay healthy, get help for your mental health – Mandarin script (Simplified Chinese) – community version

Line #	Line English	Translated
1	The COVID-19 pandemic has affected us all.	新冠疫情影响了我们所有人。
2	For someone you know, it may have caused so much stress that they are not coping.	我们身边的某些人可能正在承受着很大的压力。
3	Maybe they're always sad or angry, drinking too much, gambling or using drugs.	也许他们经常感到悲伤或愤怒，也许他们经常酗酒，赌博或滥用药物。
4	But just asking if they are ok might change everything(life).	我们一句简单的问候,或者是表示理解和支持，就有可能改变他们的生活。
5	And encouraging them to get help early for their mental health is better for them - and everyone around them.	鼓励他们及早地寻求帮助有助于他们和他们家人的心理健康。
6	They can call HeadToHelp, a new mental health service for Victorians.	他们可以致电 HeadToHelp，这是一项新的免费并且保密的心理咨询服务。
7	The HeadToHelp service is free and confidential for anyone in Victoria. This includes people on student, bridging and temporary visas.	生活在维多利亚州的任何人，包括学生签证、过桥签证和临时签证持有者，均可使用 HeadToHelp 服务。

8	There are also free interpreters available.	而且，HeadToHelp 还可以提供免费的翻译服务。
9	Call HeadToHelp 1800 595 212 or see your GP.	如有需要，请致電 HeadToHelp 1800 595 212 或致电您的家庭医生
10	Stay Healthy, Get Help	关注身心健康，积极寻求帮助