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MUSCULOSKELETAL  
AUSTRALIA

# MSK News

Your weekly update about  
COVID-19 and musculoskeletal health

2 April 2020

## We've changed how we work due to COVID-19

ICYMI (in case you missed it) - our office is closed but we're still hard at work and here to help you. Call us weekdays between 9am and 5pm on 1800 263 265, email [helpline@msk.org.au](mailto:helpline@msk.org.au) or send a message via [Facebook messenger](#). Or you can access all of our [staff contact details on our team page](#).

Keep well, stay home, check in with your family and friends regularly and stay up-to-date with everything musculoskeletal by following our socials and reading this newsletter. And please feel free to share it with other people you think will find it helpful.



## Staying sane in an insane world

Our worlds have really turned upside down in the past month or so. It's no wonder many of us are feeling anxious, stressed, angry, panicked, scared and frustrated. If you're feeling like this too, read our new blog. It's full of practical strategies and tips for [looking after your mental health](#).





sprained his tail because he was so happy. So this week here's **one for all the cat lovers** out there. It's hilarious (*watch their faces*) and perplexing (*why do the cats have hats on?*). Enjoy!!

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### Coronavirus Health Information Line

Call this line if you're seeking information on coronavirus (COVID-19).  
It operates 24 hours a day, seven days a week on 1800 020 080.

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**Musculoskeletal Australia is an ACNC registered charity. We're reliant on the generosity of the community at this time. If you've found our information and services valuable we invite you to make a tax deductible donation of whatever amount you can afford.**

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