

FEELING THE FINANCIAL IMPACT OF CORONAVIRUS?

LOOK AFTER YOURSELF, YOUR LOVED ONES AND YOUR MATES

GOVERNMENT FINANCIAL BENEFITS & PAYMENTS

Australian Government Coronavirus App www.australia.gov.au

Department of Social Services 1300 653 227

HEALTH INFORMATION

Department of Health www.health.gov.au

National Coronavirus Health Information Line 1800 020 080 (24/7)

FINANCIAL SUPPORT

COVID-19 Financial Survival Guide - National Debt Helpline 1800 007 007 www.ndh.org.au

Financial Crisis and Material Aid - Emergency Relief - Find a local service near you. [Service Directory](#).

STAY WELL – FREE ONLINE PROGRAMS

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| myCompass | Interactive self-help programs |
| MindSpot | Self-help tips & courses |
| Indigenous Wellbeing | Help you get back to living a full and satisfying life |

WEBSITES

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| Head to Health | Finding the right digital mental health resources for your needs |
| Life in Mind | National online digital portal connecting community to mental health and suicide prevention resources and info |
| Ahead for Business | Digital response to the mental health and wellbeing needs of small business owners |
| Beyond Blue | COVID-19 information & support for everyone (chat available) |

NEED TO TALK TO SOMEONE NOW?

Lifeline - 13 11 14 Free interpreting service for people who do not speak English

www.lifeline.org.au (chat available) Text 6pm – midnight (AEST) 0477 13 11 14

Kids Helpline - 1800 55 1800 www.kidshelpline.com.au (chat available)

Beyond Blue Coronavirus Mental Wellbeing Support Service 1800 512 348 <https://coronavirus.beyondblue.org.au/>