# ­­­Concerned about the impact of

**coronavirus(COVID-19)**

# on you or your family?

**Help is here**

**If** **you need personal crisis support**

**Lifeline**

131 114

www.lifeline.org.au

**Beyond Blue**

1800 512 348

www.coronavirus.beyondblue.org.au

**Kids Helpline**

1800 551 800

www.kidshelpline .com.au

**Head to Health**

headtohea Ith.gov.au

**If you or someone you know requires aged care support**

**My Aged Care**

1800 200 422

[www.myagedcare.gov.au](http://www.myagedcare.gov.au/)

**If you need phone and online safety advice**

[www.esafety.gov.au](http://www.esafety.gov.au/)

**Mensline Australia**

1300 78 99 78

[www.mensline.org.au](http://www.mensline.org.au/)

**If you or someone you know is experiencing or at risk of domestic,**

**family or sexual violence**

**1800RESPECT**

1800 737 732

(NRS and interpreters)

www.1800respect.org.au

**Domestic Violence support services** [www.dss.gov.au/dvservices](http://www.dss.gov.au/dvservices)

**If you or someone you know has a disability**

**Disability Information Helpline**

1800 643 787

[www.dss.gov.au/disabilityhelp](http://www.dss.gov.au/disabilityhelp)

**If you need financial counselling or help managing your debts**

**National Debt Helpline**

1800 007 007

[www.ndh.org.au](http://www.ndh.org.au/)

**If you are self-isolating or required to isolate, but are in immediate danger, you can leave your house.**

**Contact a Domestic Violence support service for advice about continuing to isolate in a safe place.**

**For urgent medical or police help freecall Triple Zero (000).**

If you are deaf, have a hearing or speech impairment, text emergency call 106, **not** SMS.

Stay up to date with official information

and advice about the coronavirus (COVID-19) situation using the Coronavirus Australia app

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