

Concerned about the impact of **coronavirus** (COVID-19) on you or your family?

Help is here

If you or someone you know requires aged care support

My Aged Care
1800 200 422
www.myagedcare.gov.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

Mensline Australia
1300 78 99 78
www.mensline.org.au

Domestic Violence support services
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

If you need personal crisis support

Lifeline
131 114
www.lifeline.org.au

Kids Helpline
1800 551 800
www.kidshelpline.com.au

Beyond Blue
1800 512 348
www.coronavirus.beyondblue.org.au

If you need phone and online safety advice

www.esafety.gov.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.



Coronavirus

DOWNLOAD THE APP

Stay up to date with official information and advice about the coronavirus (COVID-19) situation using the Coronavirus Australia app



Australian Government