

COVID-19 HELP AND SUPPORT IN PERTH

INFORMATION

- healthdirect.gov.au/coronavirus is an excellent starting point for information about all aspects of Corona Virus and its management, along with resources and reliable links.
- abc.net.au/news/story-streams/coronavirus ABC coverage and live stream

PRACTICAL SUPPORT

For those in need OR if you can volunteer to help:

- Coronavirus Community Care Perth tiny.cc/a9zclz
- Perth FB group linking up those needing help with nearby people who can offer help
- tinyurl.com/quft2xo Excess to Share Perth FB group to give or swap grocery items.
- ruah.org.au/directories
RUAH publishes an amazing free directory of WA support services for vulnerable or disadvantaged people. It covers food, health, housing, money, legal advice, parenting, transport, crisis support and more.
- redcross.org.au/get-help/community-services/telecross
Red Cross Telecross provides daily wellbeing check to those who elderly / housebound / disability.
- Woolworths and Coles are open from 7am to 8am for those who are elderly or have a disability, with a relevant government issued concession card.
- As of 16 March, both Woolworths & Coles are still providing deliveries for online food orders in WA. (Woolworths has suspended "click and collect")
- redcross.org.au/prepare
Free tools, emergency plans and survival kit lists
- Adopt a Healthcare Worker bit.ly/2Qiy4sd Support to help those on the front lines.
- Community Services Workers WA: tinyurl.com/rag3gd9
A FB group for WA's community sector to share ideas, ask questions, offer advice and help others

CHILDREN

- tinyurl.com/qp4vpgv
How to talk to your kids about Corona Virus.
- bit.ly/2WiHGqC
Online education services offering free subscriptions due to school closings
- FREE online wellbeing programs:
 - smilingmind.com.au children and adults
 - brave-online.com children 7 - 17 years

EMERGENCY MENTAL HEALTH SUPPORT

- Mental Health Emergency Response Line (MHERL) PERTH Metro 1300 555 788 Peel 1800 676 822
- Lifeline 13 11 14 24 hour telephone support
- [kidshelp.com.au/1800 551 800](https://kidshelp.com.au)
A free, private service for people aged 5 to 25
- beyondblue.org.au/get-support/get-immediate-support
Phone, web and email-based help

GENERAL MENTAL HEALTH SUPPORT

- headtohealth.gov.au
Australian digital mental health resources.
- thinkmentalhealthwa.com.au
WA-specific information, tools and services.
- Mental Health Service Directory For people to search for an agency or resources to meet their mental health needs throughout WA
waamh.org.au/Organisation
- Headspace headspace.org.au/1800 650 890
National Youth Mental Health Foundation
- Mind Spot mindspot.org.au/1800 614 434
Free profession clinic for anxiety or depression

STAYING POSITIVE & MANAGING MOOD

- moodgym.com.au
Award winning free online mood program for adolescents and adults
- #TheKindnessPandemic: tinyurl.com/td6ymk3
Kindness won't make COVID19 go away, but it will make our lives easier and more rewarding
- Exercise at home: tinyurl.com/tn7fvyk
- Uplift WA tinyurl.com/tde7j84: Inspiring FB group of "soul-food to keep us afloat and replenish us when times are tough". Hope, optimism, humour and positivity to sustain your spirit.

HOME ISOLATION

- Update your education with free elearning courses: tinyurl.com/y6ors3h8
- Things to do at home! tinyurl.com/rfzcl6r Check out this huge list of ideas and links (in the PDF) for how you can utilise some extra time at home.
- Maintain human connection while social distancing. tinyurl.com/wa7eato
- socialdistancingfestival.com Celebrate and showcase the work of the many artists around the world who have been affected by the need for social distancing. Dive in!

