



MENTAL HEALTH AND WELLBEING

Many people are feeling worried and overwhelmed by the Coronavirus outbreak.

You are not alone during these stressful times. Several organisations offer free support including:

LIFELINE

Phone: 13 11 14
24 hours / 7 days

Text: 0477 13 11 14
6pm-midnight AEDT, 7 nights

BEYOND BLUE

Phone: 1300 22 4636

YOUR LOCAL GP

If you are experiencing distress or health concerns, please contact your local GP.

Telehealth services (consultations over the phone) are available and are bulk billed.



INFORMATION HOTLINES

It is important to separate the facts about COVID-19 from the gossip.

Credible information sources include the Department of Health and Human Services (DHHS), Department of Health (DHS), and World Health Organisation (WHO). Fact sheets can be found online.

AUSTRALIAN GOVERNMENT NATIONAL CORONAVIRUS HELPLINE

Phone: 1800 020 080
24 hours / 7 days

NURSE-ON-CALL

Phone: 1800 675 398
24 hours / 7 days

SMARTPHONES

Download the official government 'Coronavirus Australia' app in the Apple App Store or Google Play, or join the WhatsApp channel: [aus.gov.au/whatsapp](https://www.aus.gov.au/whatsapp).



FINANCES

During challenging times, making financial decisions can feel overwhelming. There's support and services available to help you.

MONEYSMART

Moneysmart.gov.au has reliable information.

YOUR SUPER FUND

For information about your superannuation visit the website of your Super Fund. AustralianSuper: 1300 300 273
8am-8pm, weekdays

AUSTRALIAN SECURITIES & INVESTMENTS COMMISSION (ASIC)

Customer Contact Centre:
1300 300 630
8:30am-5:30 pm, weekdays

National Debt Helpline:
1800 007 007

AUSTRALIAN TAXATION OFFICE (ATO)

Emergency Support Infoline
on 1800 806 218