

Corona Help & Support in Perth

Information

- www.healthdirect.gov.au/coronavirus is an excellent starting points for information about **all aspects of Corona Virus** and it's management, along with resources and reliable links
- www.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 Facebook group linking up those needing help with **nearby people who can offer help.**
- tiny.cc/a9zclz **Excess to Share Perth**
Facebook group to give or swap grocery items.
- www.redcross.org.au/get-help/community-services/telecross
Red Cross Telecross provides **daily wellbeing check** to those who elderly/ housebound/ disability.
- **Woolworth & Coles** are open from 7am to 8am for those who are **elderly or have a disability**, with a relevant government issues 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")

- www.redcross.org.au/prepare
Free tools, emergency plans and survival kits list
- **Adopt a Healthcare Worker** bit.ly/2Qiy4sd
Support to help those on the front lines.
- **Community Services Workers WA**
tinyurl.com/rag3gd9
A Facebook group for WA's community sector to share ideas, ask questions, offer advise and help others.

Children

- tinyurl.com/qp4vpgv
How to talk to your kids about Corona Virus
- tinyurl.com/qp4vpgv
Online **education services** offering free subscriptions due to school closings
- FREE online **wellbeing programs**:
 - smilingmind.com.au children and adults
 - www.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)
- kidshelpline.com.au 1800 551 800
A free, private service for people ages 5 to 25



- www.beyondblue.org.au/get-support/get-immediate-support
Phone, web and email-based help

times are tough". Hope, optimism, humour and positivity to sustain your spirit.

General Mental Health Support

- headtohealth.gov.au
Australia **digital mental health resources**.
- www.thinkmentalhealthwa.com.au
WA-specific information, tools and service
- **Mental Health Service Directory**
For people to search for an agency or resource to meet their mental health needs throughout WA
mhsd.com.au
- **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

Home Isolation

- Update your education with **free eLearning courses** tinyurl.com/tn7fvyk
- **Things to do at home!**
tinyurl.com/y6ors3h8
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
- www.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!

Reference: evolvevents.com.au

Staying Positive and 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/tn7fvyk
Inspiring Facebook group of "soul-food to keep us afloat and replenish us when

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