



COVID-19
Mental Health & Wellbeing, AOD, FDV, Financial, Homelessness, Working from Home,
vulnerable sub population and general online support/ information available

Life in Mind Australia:


<https://www.lifeinmindaustralia.com.au/support-for-those-impacted-by-adverse-events/mental-health-support-for-covid-19>

Australian Government COVID-19 App: <https://www.australia.gov.au/>

Head to Health: <https://headtohealth.gov.au/covid-19-support/covid-19>

Whole of Community / Mental Health and Wellbeing			
Resource		Provider	Link
Website material	<i>Mental Health and COVID 19</i>	Think! Mental Health (WA Mental Health Commission)	https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/
Website material	<i>Keeping mentally healthy when isolated or spending a lot of time at home</i>	Act Belong Commit	https://www.actbelongcommit.org.au/news/Keeping-mentally-healthy-when-isolated-or-spending-a-lot-of-time-at-home
Website material	<i>Mental health and wellbeing during the Coronavirus COVID-19</i>	Lifeline WA	https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak

	<i>outbreak</i>		
Website material	<i>Looking after your mental health during the coronavirus outbreak</i>	Beyond Blue	https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak
Online Forum	<i>Online forum: Coping during the Coronavirus outbreak</i>	Beyond Blue	https://www.beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak
Website material	<i>COVID-19: Managing Your Mental Health Online During COVID-19</i>	eMHprac	https://www.emhprac.org.au/resource/managing-your-mental-health-online-during-covid-19/
Website material	<i>Stay Resilient During Coronavirus (COVID-19)</i>	MindSpot	https://mindspot.org.au/coronavirus
Website material	<i>Coping with stress and anxiety during the Coronavirus outbreak</i>	Mission Australia	https://www.missionaustralia.com.au/news-blog/news-media/coping-with-stress-and-anxiety-during-the-coronavirus-outbreak
Website material	<i>Maintaining your mental health during social isolation [PDF]</i> & <i>Tips for coping with coronavirus anxiety [PDF]</i>	Australian Psychological Society	https://www.psychology.org.au/COVID-19-Australians
Article	<i>Coronavirus: psychologists offer advice for maintaining</i>		https://www.psychology.org.au/About-Us/news-and-media/Media-releases/2020/Coronavirus-psychologists-offer-advice-for-mainta

	<i>positive mental health</i>		
Website material	<i>Looking after your mental health during the COVID-19 pandemic</i>	MHC	https://www.mhc.wa.gov.au/about-us/news-and-media/news-updates/looking-after-your-mental-health-during-the-covid-19-pandemic/
Website material	<i>Coronavirus: Resources for anxiety, stress & wellbeing</i>	Black Dog Institute	https://www.blackdoginstitute.org.au/coronavirus-anxiety-resources
Website material	COVID-19 and Physical Activity/Training	Australian Sports Commission	https://ais.gov.au/health-wellbeing/covid-19#covid-19_and_sport_faq
Fact Sheet	<i>Fact Sheet: For Older Australian on COVID-19</i>	Dept. Health	https://www.health.gov.au/sites/default/files/documents/2020/03/coronavirus-covid-19-information-for-older-australians_3.pdf
Resource	<i>Coronavirus (COVID-19) & Keeping Mentally Well</i>	Cath Ashton	 Coronavirus - Keeping Mentally Wel
eBook	<i>Face COVID – how the respond effectively to the Corona crisis using the principles of acceptance and commitment therapy</i>	Dr Russ Harris (author of The Happiness Trap)	https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf
Web based material	<i>Living with worry and anxiety amidst global uncertainty</i>	Psychology Tool Limited	https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-gb.pdf

AOD harm-reduction Specific			
Resource		Provider	Link
PDF Fact Sheet	<i>COVID-19 Harm Reduction and General Information for Consumers</i> [PDF]	Peer Based Harm Reduction WA	https://harmreductionwa.org/nsep/
PDF Fact Sheet Website material	<i>COVID-19 Guidance for People who use drugs and Harm reduction Programs</i>	Harm Reduction Coalition [American] [sourced from QLD Dovetail website]	2 x PDFs can be found at: https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/ Source: https://www.dovetail.org.au/news/2020/march/harm-reduction-for-people-who-use-drugs-during-covid-19/
Website material (for localisation)	<i>COVID19 Harm Reduction for People Who Use Drugs</i>	Talking Drugs [International Network of People Who Use Drugs] Peer Based	https://www.talkingdrugs.org/covid19-harm-reduction-for-people-who-use-drugs

Parents / School / Early Learning Community			
Resource		Provider	Link
Website material	<i>Coronavirus (COVID-19): Supporting early learning communities</i>	Beyond Blue	https://beyou.edu.au/resources/news/covid-19-supporting-early-learning-communities
Website material	<i>Coronavirus (COVID-19): Supporting educators, children and young people</i>		https://beyou.edu.au/resources/news/covid-19-supporting-schools
Website material	<i>Online Wellbeing Toolbox (link to apps and resources)</i>		https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you
Website material	<i>Coronavirus (COVID-19) and children in Australia</i>	Raising Children	https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia
Website material	<i>Helping children cope with stress during the 2019-nCoV outbreak</i>	World Health Organisation	https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2%20parents
Website material	<i>Schools COVID-19 Action Pack</i>	Reach Out	https://schools.au.reachout.com/covid-19
Website material	<i>How to talk to your teenagers about coronavirus</i>		https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/how-to-talk-to-your-teenager-about-coronavirus
PDF material	<i>Talking to Children about COVID-19</i>	NASP & NASN	https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

Website material	<i>Supporting children during the Coronavirus (COVID-19) outbreak</i>	Emerging Minds	https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/
eBook	<i>Explaining the coronavirus to children</i>	Published by Nosy Crow	https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/
eBook	<i>Explaining COVID 19 to children under 7 years</i>	#COVIBOOK Mindheart	https://www.mindheart.co/descargables
YouTube	<i>Play School explains COVID 19</i>	ABC	Play School: Hello Friends! (A COVID-19 Special)

Young People			
Resource		Provider	Link
Website material	<i>Coping during coronavirus (COVID-19)</i>	Reach Out	https://au.reachout.com/collections/coping-during-coronavirus
Website material	<i>Staying mentally well during COVID-19</i>	Youth Focus	https://youthfocus.com.au/get-help/staying-mentally-well-covid-19/
PDF Fact Sheet & Website material	<i>How to cope with stress related to COVID-19</i> [PDF]	Headspace	https://headspace.org.au/assets/Uploads/headspace-Fact-Sheet-Coping-with-COVID-19-Stress-v1.pdf https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/
Website Material	<i>Coronavirus (COVID-19): Supporting educators, children and young people</i>	Be You & Beyond Blue	https://beyou.edu.au/resources/news/covid-19-supporting-schools
Website material	<i>Helping young people during the coronavirus pandemic</i>	YACWA	https://www.yacwa.org.au/covid-19/for-young-people/

Aboriginal and Torres Strait Islander Resources			
Resource		Provider	Link
PDF Links	<i>Coronavirus Community Resources</i>	Aboriginal Health Council of Western Australia	https://www.ahcwa.org.au/coronavirus-updates <ul style="list-style-type: none"> • Clinical Resources https://www.ahcwa.org.au/copy-of-coronavirus-policy-and-proc • Community Resources https://www.ahcwa.org.au/copy-of-coronavirus-useful-links • Use Links https://www.ahcwa.org.au/copy-of-coronavirus-alerts
PDF Fact Sheet & Website material	<i>COVID-19 Updates and Information - & resources</i>	Australian Indigenous Health InfoNet	https://healthinonet.ecu.edu.au/learn/health-topics/infectious-conditions/covid-19-updates-and-information/
PDF Fact Sheet	<i>COVID-19 for Aboriginal People</i>	Dept. Health	https://healthywa.wa.gov.au/Articles/A_E/Coronavirus/Coronavirus-information-for-Aboriginal-people
Website	<i>COVID-19 for Aboriginal People</i>	Strong Spirits Strong Mind	https://strongspiritstrongmind.com.au/getting-help/coronavirus/

Homelessness			
Resource		Provider	Link
Sector Response	<i>COVID-19 Response: A COVID-19 lead group has been established by the homelessness services sector</i>	Shelter WA	https://www.dpird.wa.gov.au/covid19-response
PDF Fact Sheet	<i>COVID-19 for people experiencing homelessness [25.03.2020]</i>	Developed by UWA	https://www.shelterwa.org.au/wp-content/uploads/2020/03/Coronavirus-fact-sheet-for-people-experiencing-homelessness-version1-230320.pdf
Webinar	<i>COVID19 and Homelessness</i>	UWA & Homeless Healthcare Collaboration	http://www.shelterwa.org.au/covid-19/covid-19-shelter-wa-webinars/
Monitor Updates	<i>Shelter WA COVID-19 Updates</i>	Shelter WA	https://www.shelterwa.org.au/covid-19/
Service Link	<i>Provision of service and support (not COVID-19 specific)</i>	Entrypoint Perth	http://www.entrypointperth.com.au/
Service Link	<i>Provision of service and support (not COVID-19 specific)</i>	WA Housing Hub	http://options.wahousinghub.org.au/

FDV			
Resource		Provider	Link
Website Material	<i>Self-Isolation and COVID 19, safety planning and mental health</i>	1800RESPECT	https://www.1800respect.org.au/help-and-support/self-isolation-and-covid-19
PDF Fact Sheet (agency work practice)	<i>COVID-19 and Men's Behaviour Change Programs – PRACTICE UPDATE [19.03.2020]</i>	Stopping Family Violence	https://sfv.org.au/wp-content/uploads/2020/03/COVID19-Response.pdf
Website Material (agency work practice)	<i>COVID19: Advice for DFV services wanting to use technology</i>	Technology Safety Australia (Link provided by Women's Council for FDV Services)	https://techsafety.org.au/blog/2020/03/18/covid19-resources-for-dfv-agencies-wanting-to-use-technology/
Website Material	<i>Defusing family tension and conflict during the COVID-19 pandemic</i>	Red Cross	https://www.redcross.org.au/covid-19-and-family-conflict
Website Material & Fact Sheets	<i>Violence, abuse and neglect and COVID-19</i>	NSW Health	https://www.health.nsw.gov.au/infectious/diseases/pages/covid-19-violence-abuse-neglect.aspx

Workplace / Working from Home			
Resource		Provider	Link
Website Material	<i>Heads Up – work and your mental health during the coronavirus outbreak</i>	Beyond Blue	https://www.headsup.org.au/your-mental-health/work-and-your-mental-health-during-the-coronavirus-outbreak
Fact Sheets	<i>Working from home: A checklist to support your mental health during Coronavirus</i>	Black Dog Institute	https://www.blackdoginstitute.org.au/news/news-detail/2020/03/24/working-from-home-a-checklist-to-support-your-mental-health-during-coronavirus
Website Material	<i>Thrive at Work at Home – Daily Videos, Blog series & supportive resources</i>	Centre for Transformative Work Design – Curtin University	https://www.transformativeworkdesign.com/working-from-home

Financial			
Resource		Provider	Link
Website Material (and other agency links)	<p><i>Topics:</i></p> <ul style="list-style-type: none"> - <i>How banks may help me</i> - <i>Money I may be able to claim</i> - <i>Food and emergency relief</i> - <i>How utilities may help me</i> - <i>Small Businesses</i> - <i>Housing</i> - <i>Other financial commitments</i> - <i>Savings Tips</i> 	Financial Counsellors' Association of WA	https://financialcounsellors.org/home-page/covid19-updates/
Website Material	<i>COVID-19 financial assistance: Government Support if you're impacted by coronavirus</i>	Money Smart	https://moneysmart.gov.au/covid-19-financial-assistance
Website Material	<i>Information and services to help if financially affected by coronavirus (COVID-19)</i>	Australian Government – Services Australia	https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19

Food Security			
Resource		Provider	Link
Website Information/ Q&A	<i>Coronavirus [COVID-19].</i>	Foodbank WA	https://www.foodbank.org.au/covid-19/?state=wa
Website Material/ service update	<i>OZHARVEST's response to Coronavirus (COVID-19)</i>	OZHARVEST	https://www.ozharvest.org/ozharvest-response-to-coronavirus-covid-19/
			https://www.ozharvest.org/food-rescue-covid-19-updates/
Service and Support links	<i>Link to potential food security and support.</i>	ER Connect	https://erconnect.org.au/
		Ask Izzy	https://askizzy.org.au/
Website Material/ Service links and resources	<i>Coronavirus (COVID-19) – Resources for Cafes' Restaurants & Foodservice Professionals</i>	SilverChef	https://www.silverchef.com.au/blogs/resources/coronavirus-resources-cafes-restaurants

Specific Populations			
Resource		Provider	Link
Website Material & Resources	<i>LGBTI health and wellbeing services: COVID-19</i>	National LGBTI Health Alliance	https://lgbtihealth.org.au/resources/services-and-programs-for-lgbti-people-covid-19/
Website Information/ service update	<i>Coronavirus (COVID-19) information and support</i>	NDIS	https://www.ndis.gov.au/coronavirus
Website Material	<i>COVID-19 information for people with MS</i>	MS Australia	https://www.msaustralia.org.au/about-ms/covid-19-information-people-ms
Website Material & Resources	<i>Cancer and COVID-19</i>	Cancer Council	https://www.cancer.org.au/cancer-and-covid-19.html Cancer and Covid-19 Fact Sheet

Online Assessment, Counselling & Therapeutic Courses			
Resource		Provider	Link
Telehealth Therapy / Counselling	<i>Medicare funded Telehealth therapy with a registered psychologist</i>	Psych Help	https://psychhelp.com.au/
Online Clinic	<i>Free mental health assessment tool 18+:</i>	Black Dog Institute	https://onlineclinic.blackdoginstitute.org.au/
Online Counselling	<i>Free online support and counselling to young people aged 12 – 25 years and their families and friends.</i>	eHeadspace	https://headspace.org.au/eheadspace/connect-with-a-clinician/
Web Based Counselling	<i>Free, private and secure Webchat counselling for young people aged 5 to 25 years</i>	Kids Helpline	https://kidshelpline.com.au/get-help/webchat-counselling
Phone & Online Counselling	<i>Free phone or online counselling support for people living with complex mental health issues and the people who care about them.</i>	Sane Australia	https://www.sane.org/services/help-centre
Online / Phone clinic	<i>Online assessment and treatment for anxiety and depression</i>	MindSpot	https://mindspot.org.au/
Online Psychology Service	<i>Online one-on-one confidential session for individuals and families living in rural farming regions, with a fully qualified Australian AHPRA approved Psychologist</i>	National Centre for Farmer Health	https://fh.welysn.com/.
Web based	<i>This Way Up – online free courses to help you identify, understand, and</i>	Clinical Research Unit for Anxiety	https://thiswayup.org.au/

courses	<i>improve psychological difficulties like stress, insomnia, worry, anxiety and depression.</i>	and Depression, UNSW at St. Vincent's Hospital, Sydney.	
Web based program	<i>Self-help interactive program covering depression, generalised anxiety and worry, social anxiety, relationship breakdown, and loss and grief.</i>	e-couch	https://ecouch.anu.edu.au/welcome
Web based program	<i>Designed for ages 15-25, and helps you identify and overcome problem emotions and show how to develop good coping skills for the future</i>	MoodGym	https://moodgym.com.au/
Web based program	<i>Self-help guide to good mental health</i>	myCompass	https://www.mycompass.org.au/
Web based program	<i>Online services and programs free of charge for individuals experiencing mental distress</i>	Mental Health Online	https://www.mentalhealthonline.org.au/

Online Training			
Resource		Provider	Link
Online learning	<i>Start teaches individuals to recognize when someone is thinking about suicide and connect them to help and support (duration – 90 minutes). Reduced fee \$20</i>	Living Works	https://www.livingworks.net/covid19
Online learning	<i>QPR Gatekeeper Training to question, persuade and refer someone who may be suicidal (duration 90 minutes). Fee \$39</i>	QPR Australia	https://qprinstituteaustralia.com.au/course/qpr-online-gatekeeper-training/

Alternative COVID-19 Portals	
Agency	Link
WA Primary Health Alliance	https://www.wapha.org.au/service-providers/coronavirus-information/service-provider-resources/
WA Association for Mental Health	https://waamh.org.au/about-us/covid-19-waamh-operational-update
WA Council of Social Services	https://wacoss.org.au/community-services-covid-19-resources/
WACOSS - ERConnect	https://erconnect.org.au/
Financial Counsellors Association of WA	https://financialcounsellors.org/home-page/covid19-updates/
	https://financialcounsellors.org/resources/coming-soon/
Ask Izzy	https://askizzy.org.au/
Head to Health	https://headtohealth.gov.au/covid-19-support/covid-19
COTA For older Australians	https://www.cota.org.au/information/covid19/

Additional service support/material options	
The Green Book	http://greenbook.org.au/
MHC My Services	https://www.myservices.org.au/
WAPHA My Community Directory	https://www.mycommunitydirectory.com.au/?gclid=EAlaIQobChMI-M6g0Ja66AlVwxaPCh3RhQd6EAAAYASAAEgKcifD_BwE
Dept. Health – COVID-19 campaign resources	https://www.health.gov.au/resources/collections/coronavirus-covid-19-campaign-resources

Volunteering WA	https://www.volunteeringwa.org.au/volunteer/finding-your-volunteer-role/position-list#/search/covid/?Locations=WA
Youth Futures WA	https://youthfutureswa.com.au/
Safe Work Australia	https://www.safeworkaustralia.gov.au/covid-19-information-workplaces
#InThisTogether initiative	https://www.studyinaustralia.gov.au/English/International-education-resource-hub/inthistogether-campaign (Inc. Campaign PDF) National MHC videos - https://www.youtube.com/playlist?list=PLhDYzytfsg4Q5GEtXQg4T0ZXwDF7swzY0