

COVID-19 HELP LINES

WHO?	WHY?	WHAT?	HOW?	WEBSITE
National Coronavirus Hotline	General advice about Coronavirus	For any member of the public to assist them in determining their need for testing/isolation/general questions	1800 020 080 24/7	
13 Health	General health advice	General health advice provided by Registered Nurses - QLD only	13 43 25 84 24/7	Queensland Health https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19
Mindspot	Mental health support	Online mental health service, phone support also available	1800 614 434 M-F 8am-8pm Sat 8am-6pm	www.mindspot.org.au
Lifeline	Crisis Support	Have specific resources for people struggling with effects of Coronavirus	13 11 14	
Community Recovery Hotline	Support when quarantined	People quarantined and are unable to access food and/or medications - charities will deliver both - QLD only	1800 173 349	
National Home Doctor	After hours medical service	Advise/after hours visiting medical service	13 72 45	
Beyond Blue	Mental health support	Provide information & support for depression/anxiety/suicide for all australians	1300 224 636	www.beyondblue.org.au
Mental Health Crisis Support & Info	First Point of call Sunshine Coast	Providing support, information, advice & referral	1300 642 255	https://headtohealth.gov.au/
Australian Gov Service	Extensive COVID-19 Info	Latest updates, health & Prevention, info for travellers, finance support, & info for education providers, social support for the community	COVID-19 app	https://www.australia.gov.au/
QLD Gov Assistance for Vulnerable QLD'ers	Community recovery hotline	For vulnerable QLD'ers such as disabilities, seniors who are quarantined and do not have the capacity to be self reliant and do not have fam/friends close by	1800 173 349	https://www.qld.gov.au/community/disasters-emergencies/queensland-disasters/novel-coronavirus-covid-19

FINANCIAL SUPPORT AND UNEMPLOYMENT

WHO?	WHY?	WHAT?	HOW?	WEBSITE
Managing Debt	Help when you're in debt			https://www.accc.gov.au/consumers/debt-debt-
Natinal Debt Helpline			1800 007 007	https://ndh.org.au/
Centrelink	unemployment/crisis payments	provides support and information, payments	13 24 68	www.servicesaustralia.gov.au/individuals/centrelink