

Corona 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
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 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/tn7fyvk
- **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!