

Support available during COVID-19

Understanding the impact of COVID-19, practicing self-isolation, working from home, supporting children with their studies and/or caring for vulnerable family members or friends can be stressful and may impact our mental health and wellbeing. It is very natural to feel any number of emotions at the moment. We are working and living in very unique circumstances.

Below you will find a range of helplines, websites and services available to provide support during these unprecedented times.

COVID-19: The Facts

The Australian Government Department of Health website is the main source of health related information about COVID-19. <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

Employee Assistance Program

If you feel like you would benefit from some additional support, you can contact the School's Employee Assistance Program. This service, provided by Converge International, offers confidential telephone and consulting counselling services 24 hours a day / 7 days a week. They can be contacted on 1300 687 327 or online <https://www.convergeinternational.com.au/>

beyondblue

Information and referral to relevant services for depression and anxiety related matters.

Phone: 1300 22 46 36

<http://www.beyondblue.org.au/get-support/get-immediate-support>

Black Dog Institute

The Black Dog Institute is a world leader in the diagnosis, treatment and prevention of mood disorders such as depression and bipolar disorder.

<http://www.blackdoginstitute.org.au/public/gettinghelp/overview.cfm>

Butterfly Foundation

Support for individuals who suffer from eating disorders and negative body image issues.

Phone: 1800 33 4673

<http://thebutterflyfoundation.org.au/>

Carer Gateway

Support services available to those who are caring for a loved one, friend or neighbour.

www.carergateway.gov.au

Gambling Helpline

Starting to think gambling might be a problem? Find out about the signs of a problem and assess gambling issues and spending.

Phone: 1800 858 858

<http://www.gamblinghelponline.org.au/>

Headspace

National Youth Mental Health Foundation, working specifically with young people aged 12 to 25 years.
<http://www.headspace.org.au/>

Kids Help Line

Confidential and anonymous, telephone and online counselling service specifically for young people aged between 5 and 25.
Phone: 1800 55 18 00
<http://www.kidshelp.com.au>

Lifeline

24 hour telephone counselling service.
Phone: 13 11 14
<http://www.lifeline.org.au/>

Mensline Australia

A dedicated service for men with relationship and family concerns.
Phone: 1300 78 99 78
<http://www.mensline.org.au/>

1800RESPECT

A 24 hour phone based counselling service for those experiencing domestic family violence or sexual assault.
Phone: 1800 737 732
<https://www.1800respect.org.au/>

ReachOut.com

An online youth mental health service.
<http://au.reachout.com/>

Relationships Australia

A confidential counselling service and website dedicated to supporting healthy relationships.
Phone: 1300 364 277
<http://www.relationships.org.au/>

SANE Australia

A telephone based helpline for those affected by mental illness.
Phone: 1800 187 263
<http://www.sane.org/index.php>

Updated: 24 April 2020