

# Concerned about the impact of **coronavirus** (COVID-19) on you or your family?

## Help is here

**If you or someone you know  
requires aged care support**

My Aged Care  
1800 200 422  
[www.myagedcare.gov.au](http://www.myagedcare.gov.au)

**If you or someone you  
know has a disability**

Disability Information  
Helpline  
1800 643 787  
[www.dss.gov.au/disabilityhelp](http://www.dss.gov.au/disabilityhelp)

**If you need financial  
counselling or help  
managing your debts**

National Debt Helpline  
1800 007 007  
[www.ndh.org.au](http://www.ndh.org.au)

**If you need personal  
crisis support**

Lifeline  
131 114  
[www.lifeline.org.au](http://www.lifeline.org.au)

Beyond Blue  
1800 512 348  
[www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au)

Kids Helpline  
1800 551 800  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

Head to Health  
[headtohealth.gov.au](http://headtohealth.gov.au)

**If you or someone you  
know is experiencing  
or at risk of domestic,  
family or sexual violence**

1800RESPECT  
1800 737 732  
(NRS and interpreters)  
[www.1800respect.org.au](http://www.1800respect.org.au)

Domestic Violence  
support services  
[www.dss.gov.au/dvservices](http://www.dss.gov.au/dvservices)

Mensline Australia  
1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au)

**If you need phone and  
online safety advice**

[www.esafety.gov.au](http://www.esafety.gov.au)

**If you are self-isolating or required to isolate, but are in immediate danger, you can leave your house.  
Contact a Domestic Violence support service for advice about continuing to isolate in a safe place.**

**For urgent medical or police help freecall Triple Zero (000).**

If you are deaf, have a hearing or speech impairment, text emergency call 106, **not** SMS.



Coronavirus

## DOWNLOAD THE APP

Stay up to date with official information  
and advice about the coronavirus (COVID-19)  
situation using the Coronavirus Australia app



Australian Government