# 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 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/)

Mensline Australia

1300 78 99 78

[www.mensline.org.au](http://www.mensline.org.au/)

Domestic Violence support services

[www.dss.gov.au/dvservices](http://www.dss.gov.au/dvservices)

## 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 personal crisis support

Lifeline

131 114

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

Kids Helpline

1800 551 800

[www.kidshelpline.com.au](http://www.kidshelpline.com.au/)

Beyond Blue

1800 512 348

www.coronavirus.beyondblue.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.

Stay up to date with official information

and advice about the coronavirus (COVID-19)

situation using the Coronavirus Australia app

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