

COVID 19 Assistance and Support Guide for Patients

Feeling unwell, worried, overwhelmed, isolated? There is a range of over-the-phone support and information services available to help you during the coronavirus pandemic. Talking to your GP and nurse can be a good place to start. Our clinical team is here to listen to your concerns and support you through these difficult times.

24/7 Crisis Support

- Mental Health Access:
13 MH CALL(1300 642 255)
qld.gov.au
- Lifeline: 13 11 14 lifeline.org.au
- Beyond Blue: 1300 22 46 36
beyondblue.org.au
- MensLine Australia: 1300 789 978
mensline.org.au
- Kids Helpline: 1800 551 800
kidshelpline.com.au
- Suicide Call Back Service:
1300 659 467
suicidcallbackservice.org.au

COVID -19 Mental Health Support

- Coronavirus Mental Wellbeing Support Service: 1800 512 348
Coronavirus.beyondblue.org.au

Children and Youth

- Headspace: 1800 650 890
headspace.org.au
- Kids Helpline: 1800 55 1800
kidshelpline.com.au

Seniors

- My Aged Care: 1800 200 422
myagedcare.gov.au

Complex Mental Health and Careers

- SANE Australia: 1800 18 7263
sane.org.au

Eating Disorders

- Butterfly National Helpline: 1800 ED HOPE (1800 33 4673) butterfly.org.au
- Eating Disorders Qld: (07) 3844 6055
eatingdisordersqueensland.org.au

Loss and Trauma

- Grief line: 1300 845 745
griefline.org.au
- Standby: 0418 656 764
standbysupport.com.au

Disability

- National Disability Insurance Scheme: 1800 800 110 ndis.org.au
- Disability Information Helpline: 1800 643 787 dss.gov.au
- National Counselling and Referral Service: 1800 421 468 dss.gov.au

Alcohol and other drugs

- Alcohol and Drug Support: 1800 177 833 adis.health.qld.gov.au
- Breakthrough for families: 1300 727 957 liveslivedwell.org.au

Gambling

- Gambling Help Queensland: 1800 858 858 gamblinghelpqld.org.au

Domestic Violence, Abuse and Assault

- DVConnect Womensline: 1800 811 811 dvconnect.org
- DVConnect Mensline: 1800 600 636
dvconnect.org

Domestic Violence, Abuse and Assault

- Child Safety, Youth and Women Services: 1800 177 135
csyw.qld.gov.au
- Elder Abuse Helpline: 1300 651 192
eapu.com.au

LGBTI

- Qlife: 1800 184 527 qlife.org.au

Culturally and Linguistic Diverse Backgrounds

- Queensland Transcultural Mental Health Centre: 1800 188 189 (Ring 13 14 50 for an interpreter, and request to be connected to the Queensland Transcultural Mental Health Centre (07) 3317 1234)

Veterans and Families

- Open Arms: 1800 011 046
openarms.gov.au
- Department of Veterans' Affairs: 1800 555 254 dva.gov.au

Parents

- Parentline: 1300 30 1300
parentline.org.au
- PANDA (perinatal anxiety and depression): 1300 726 306
panda.org.au

Carers

- Carers' Gateway: 1800 422 737
carergateway.gov.au

Family and Relationship

- Family and Child Connect: 12 FAMILY (13 32 64) familychildconnect.org.au
- Relationships Australia: 1300 364 277
raq.org.au
- Family Relationship Advice Line: 1800 050 321
familyrelationships.gov.au

Peer Support Groups

- Grow Australia: 1800 558 268
grow.org.au

Loneliness

- E-friend: Book a free call at
efriend.org.au

Homelessness

- Queensland Homeless Hotline: 1800 474 753 qld.gov.au

Financial Support

- National Debt Helpline: 1800 007 007
ndh.org.au
- Good Shepherd Microfinance: 13 64 57
goodshepardmicrofinance.org.au
- Centrelink Employment Services: 13 28 50 servicesaustralia.gov.au
- ATO Emergency Support Infoline: 1800 806 218 ato.gov.au

Medical Emergencies:

- Call 000

General Health Advice:

- 13HEALTH (13 43 25 84)

National Coronavirus Line:

- 1800 020 080