

# Corona Help and Support in Perth

## Information

- [healthdirect.gov.au/coronavirus](https://healthdirect.gov.au/coronavirus) is an excellent starting point for information about **all aspects of Corona Virus** and it's management, along with resources and reliable links.
- [abc.net.au/news/story-streams/coronavirus](https://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](https://tiny.cc/a9zclz)  
Perth FB group linking up those needing help with **nearby people who can offer help**
- [tinyurl.com/quft2xo](https://tinyurl.com/quft2xo) **Excess to Share Perth**  
FB group to give or swap grocery items.
- [ruah.org.au/directories](https://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](https://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](https://redcross.org.au/prepare)  
**Free tools, emergency plans and survival kit lists**
- **Adopt a Healthcare Worker** [bit.ly/2Qiy4sd](https://bit.ly/2Qiy4sd)  
Support to help those on the front lines.
- **Community Services Workers WA**  
[tinyurl.com/rag3gd9](https://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](https://tinyurl.com/qp4vpgv) **How to talk to your kids** about Corona Virus.
- [bit.ly/2WiHGqC](https://bit.ly/2WiHGqC) Online **education services** offering free subscriptions due to school closings
- FREE online **wellbeing programs**:
  - [smilingmind.com.au](https://smilingmind.com.au) children and adults
  - [brave-online.com](https://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](https://kidshelp.com.au) 1800 551 800  
A free, private service for people aged 5 to 25
- [beyondblue.org.au/get-support/get-immediate-support](https://beyondblue.org.au/get-support/get-immediate-support) Phone, web and email-based help

## General Mental Health Support

- [headtohealth.gov.au](https://headtohealth.gov.au)  
Australian **digital mental health resources**.
- [thinkmentalhealthwa.com.au](https://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](https://waamh.org.au/Organisation)
- **Headspace** [headspace.org.au](https://headspace.org.au) 1800 650 890  
National **Youth** Mental Health Foundation
- **Mind Spot** [mindspot.org.au](https://mindspot.org.au) 1800 614 434  
Free **profession clinic** for anxiety or depression

## Staying Positive and Managing Mood

- [moodgym.com.au](https://moodgym.com.au) Award winning free online **mood program** for adolescents and adults
- **#TheKindnessPandemic** [tinyurl.com/td6ymk3](https://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](https://tinyurl.com/tn7fyvk)
- **Uplift WA** [tinyurl.com/tde7j84](https://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](https://tinyurl.com/y6ors3h8)
- **Things to do at home!** [tinyurl.com/rfzcl6r](https://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](https://tinyurl.com/wa7eato)
- [socialdistancingfestival.com](https://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!