

Useful and Reliable Resources for Navigating this Challenging Time

GENERAL HEALTH

Govt Health and Covid-19 response page.

All the latest guidelines and details including mental health support

<https://www.health.gov.au/>

The government WhatsApp Page.

A useful WhatsApp broadcast that gives you all the latest news.

www.aus.gov.au/whatsapp

National Coronavirus Health Information Line:

Call this number if you have any concerns or queries about COVID including if you feel you may have been exposed and would like to get tested.

Phone 1800 020 080.

MENTAL HEALTH SUPPORT:

Lifeline

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

Phone: 13 11 14

<https://www.lifeline.org.au/>

Kids Helpline

Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.

Phone: 1800 551 800

<https://www.kidshelpline.com.au/>

Mind Spot

MindSpot is a free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. They provide assessment and treatment courses, or can help you find local services that can help.

Phone: 1800 61 44 34

<https://mindspot.org.au/>

Beyond Blue

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health.

Phone: 1300 22 4636

<https://www.beyondblue.org.au/>

Melbourne University COVID 19 helpful tips page

<https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>

RESILIENCE AND WELL-BEING PROGRAMS.

My Compass

A personalized self-help tool for your mental Health

<https://www.mycompass.org.au/>

Head Space (I use this app very frequently, it's excellent! – Rabbi Shmuel)

<https://www.headspace.com/covid-19>

This Way Up

University based and clinically proven courses to assist your wellbeing - currently all courses free!

<https://thiswayup.org.au/>

Calm.com

The #1 app for Sleep, Meditation and Relaxation, with over 50 million downloads and over 700,000 5-star reviews. <https://www.calm.com/>

FINANCIAL SUPPORT

The Australian Government is providing financial assistance to Australians to support them through the Coronavirus. This assistance includes income support payments, payments to support households and temporary early releases of superannuation.

For further information please see:

<https://treasury.gov.au/coronavirus/households>

<https://www.ato.gov.au/General/COVID-19/>

<https://moneysmart.gov.au/covid-19-financial-assistance>

The government also announced child care support package. More info here:

<https://www.education.gov.au/news/covid-19-early-childhood-education-and-care-relief-package-monday-6-apriladditional-support>

JEWISH COMMUNAL RESOURCES

JCCV and CSG useful information

<https://vic.thecsg.org.au/covid-19-community-information/>

Jewish Response to Coronavirus founded by Standup

This Facebook page has everything from Job opportunities to food and welfare delivery.

<https://www.facebook.com/groups/215421613037244/>

Hatzolah Melbourne

A Jewish emergency paramedic service with an excellent track record of fast and professional Medical first aid. Phone: 9527 5111

<https://www.facebook.com/ChevraHatzolahMelbourne/>

Jewish Care Helpline

Jewish Care Victoria has launched a COVID-19 Helpline to assist and support those in the Victorian Jewish community. Phone: 8517 5555

Interest free loans from Jewish Care

<https://www.jewishcare.org.au/page/news-and-media/coronavirus-update/covid-19-interest-free-hardship-loansavailable>

RABBI SHMUEL KARNOWSKY REMAINS AVAILABLE FOR PASTORAL SUPPORT OR A FRIENDLY CONVERSATION ON 0433 676 300.

Thank you to Rabbi Dovid Gutnick of East Melbourne Hebrew Congregation, for compiling this excellent resource sheet. 1st April 2020.