Useful resources

COVID-19 information
For official updates on COVID-19, please visit health.gov.au
• University of Sydney’s COVID-19 research and expertise
• The Matilda Centre’s COVID-19 response

COVID-19 mental health resources
• Beyond Blue: coronavirus.beyondblue.org.au or 1800 512 348
• Black Dog Institute: blackdoginstitute.org.au
• Head to Health: headtohealth.gov.au
• Mind Spot: mindspot.org.au
• This Way Up: thiswayup.org.au

For children and youth
• Kids helpline: kids helpline.com.au or 1800 55 180
• Headspace: headspace.org.au or 1800 650 890

Crisis support
• Lifeline: lifeline.org.au or 13 11 14
• National Indigenous Critical Response Service: 1800 805 801

Substance use
• eCliPSE: eclipse.org.au
• Cracks in the Ice: cracksintheice.org.au
• Positive Choices: positivechoices.org.au
• Comorbidity Guidelines: comorbidityguidelines.org.au
• Family and Friend Support Program: fssp.com.au

Domestic violence
• White Ribbon Australia: whiteribbon.org.au
• 1800RESPECT: 1800respect.org.au or 1800 737 732
• Aboriginal Family Domestic Violence hotline: 1800 019 123

Ways to give back
• COVID-19 research: https://crowdfunding.sydney.edu.au/project/20509
• Student bursaries: https://crowdfunding.sydney.edu.au/project/20529

*via the Matilda Centre: sydney.edu.au/matilda-centre