

Useful resources

COVID-19 information

For official updates on COVID-19, please visit [health.gov.au](https://www.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: kidshelpline.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: ffsp.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>