Useful resources

Resources to help your mental health and well being during COVID-19

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: 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 1800
- Headspace: headspace.org.au or 1800 650 890

Crisis support

- Lifeline: lifeline.org.au or 13 11 14

Sydney.edu.au/matilda-centre

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Substance use

- eCliPSE: eclipse.org.au
- Cracks in the Ice: cracksintheice.org.au
- Positive Choices: positivechoices.org.au
- Comorbidity Guidelines: comorbidityguidelines.org.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