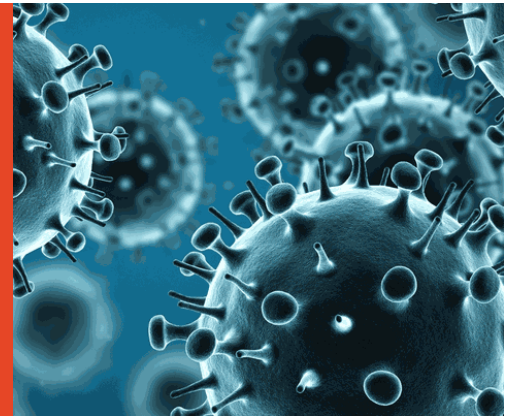


Useful resources

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](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: [beyondblue.org.au](https://www.beyondblue.org.au) or 1800 512 348
- Black Dog Institute: [blackdoginstitute.org.au](https://www.blackdoginstitute.org.au)
- Head to Health: [headtohealth.gov.au](https://www.headtohealth.gov.au)
- Mind Spot: [mindspot.org.au](https://www.mindspot.org.au)
- This Way Up: [thiswayup.org.au](https://www.thiswayup.org.au)

For children and youth

- Kids helpline: [kidshelpline.com.au](https://www.kidshelpline.com.au) or 1800 55 1800
- Headspace: [headspace.org.au](https://www.headspace.org.au) or 1800 650 890

Crisis support

- Lifeline: [lifeline.org.au](https://www.lifeline.org.au) or 13 11 14
- National Indigenous Critical Response Service: 1800 805 801

Substance use

- eClIPSE: [eclipse.org.au](https://www.eclipse.org.au)
- Cracks in the Ice: [cracksintheice.org.au](https://www.cracksintheice.org.au)
- Positive Choices: [positivechoices.org.au](https://www.positivechoices.org.au)
- Comorbidity Guidelines: [comorbidityguidelines.org.au](https://www.comorbidityguidelines.org.au)
- Family and Friend Support Program: [ffsp.com.au](https://www.ffsp.com.au)

Domestic violence

- White Ribbon Australia: [whiteribbon.org.au](https://www.whiteribbon.org.au)
- 1800RESPECT: [1800respect.org.au](https://www.1800respect.org.au) or 1800 737 732
- Aboriginal Family Domestic Violence hotline: 1800 019 123