



COVID19 SUPPORT

If you are in anyway struggling during the COVID19 crisis, there are a range of free services and support available that can assist you or a loved one at this time.

For immediate physical and mental health support, you can call these 24-hour hotlines:

COVID hotline: 1800 675 398

Beyond Blue: 1300 22 4636

For additional assistance, please consult the list below. Be aware this list is not conclusive. A broad range of additional support services are available through state and territory governments and local councils.

Government Financial Support

Includes assistance and information on:

- JobKeeper Payment
- Financial payments and support
- Income support payments
- Household support payments
- Free childcare
- Early access to super
- Age Pension and income support

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

International Student Support and Welfare

Includes assistance and information on:

- Education
- Health and Wellbeing
- Visas and Travel
- Accommodation
- Financial Support
- Education Provider Support Directory

<https://www.studyinaustralia.gov.au/English/student-support>

Mental Health Support (Head to Health)

Includes assistance and information on:

- Meaningful life
- Mental health difficulties
- Supporting yourself
- Supporting someone else
- Health professional resources

<https://headtohealth.gov.au/covid-19-support/covid-19>