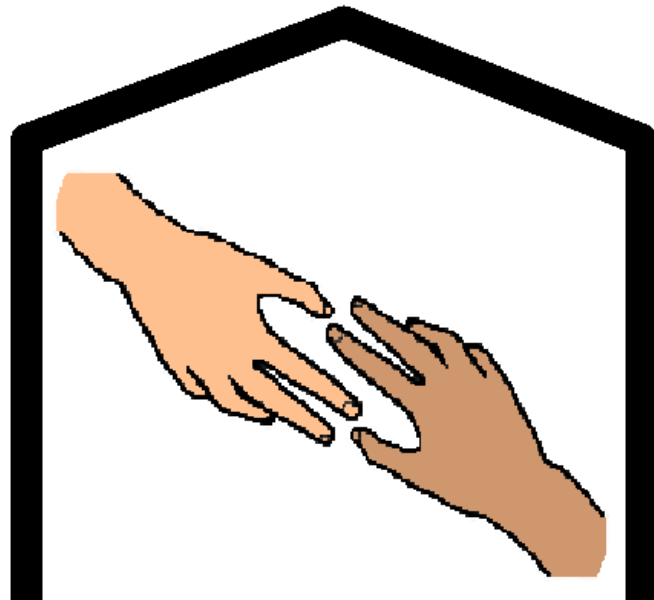


**COVID - 19**



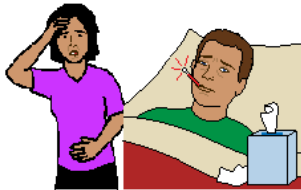
**More help**

**30 March 2020**

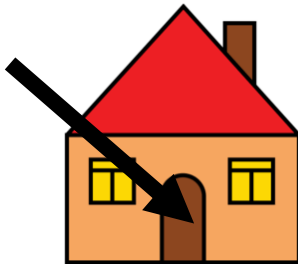


Many people will

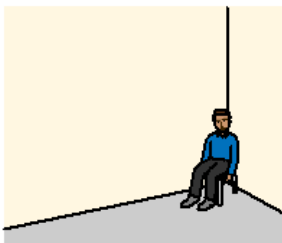
- lose their job



- get sick
- may die.



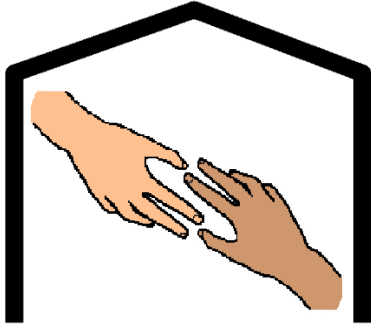
We all must stay at home.



We may feel

- lonely
- sad
- out of control.

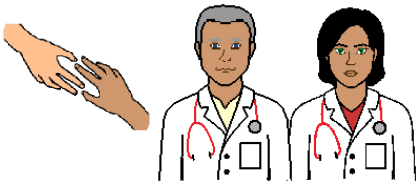
That is OK.



The Australian government says we may need

- more help
- more services.

It is also to help us stay at home.



There is more help to

- see your doctor. Go to page 4



- help for domestic violence. Go to page 6



- help for your mental health. Go to page 8



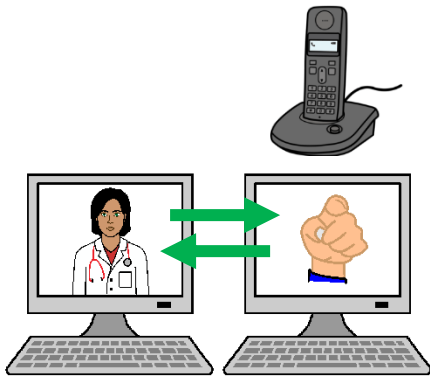
- more help for every one. Go to page 12



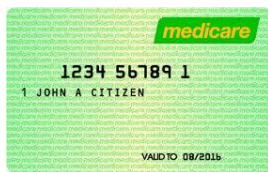
# Doctors

You can now go to the doctor

- over the phone
- on video link. Like Zoom or Facetime.



It is called **telehealth**.



It is a Medicare service.



It starts now.

It will end on 30 September 2020.



You can also do other health things this way. Like

- see your psychologist
- See your specialist doctor
- See a therapist. Like your physiotherapist.



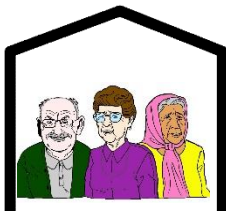
Call the person you see.

Ask them about telehealth to see them.



Some things you can now do as telehealth are

- help with your eating problem
- pregnancy check up
- care from a nurse after you have your baby
- for people in nursing homes



- children with autism
- mental health care.



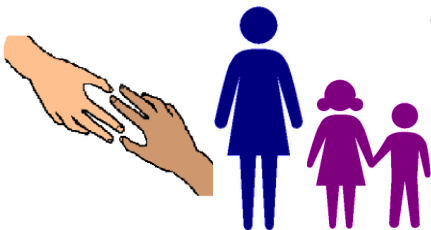
## Domestic Violence



There will be more money for

- 1800Respect
- Mensline Australia
- Trafficked People program

**and**

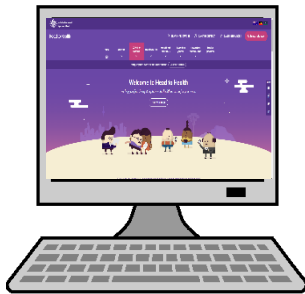


- help for women and children to
  - help them stay at home
- or**
- find a safe home.

-

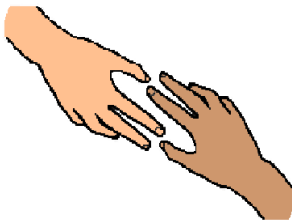


## Mental Health



There is a website.

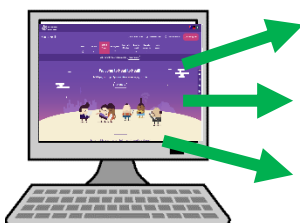
[www.headtohealth.gov.au](http://www.headtohealth.gov.au)



There is lots of information about

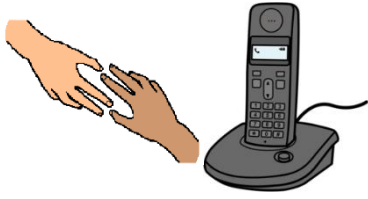
- how to stay well
- help when you need to be by your self
- help for children
- help for other people

**and**



- other services to go for help.





There is more help from BeyondBlue.

They have more phone lines.

Medibank also gave some money for this.



Other services with more money to help you.

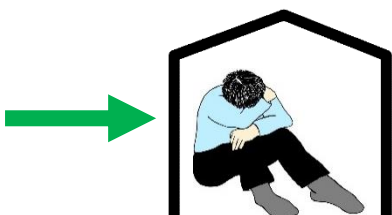
- Lifeline
- Kids Helpline

**and**



For people who have mental health problems.

Some people may feel worse now.

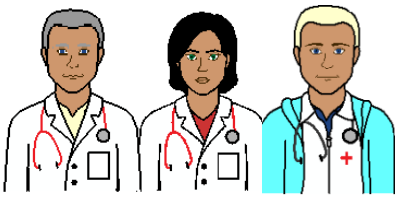


Talk to your service.

Find out what more help they can give you.

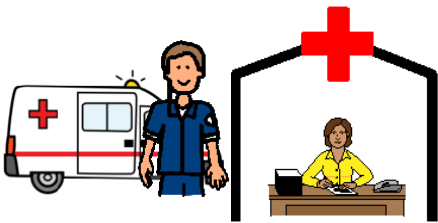


**Other groups to get more help.**



People working to stop COVID 19 Like

- doctors
- nurses



- ambulance people
- hospital staff

**and**



Old people

**and**



Young people. There is more help to

- stay at school
- keep training
- get ready for work

**and**



Aboriginal and Torres Strait Islander people

**and**



People who may need help from the NDIS.



## More help for every one

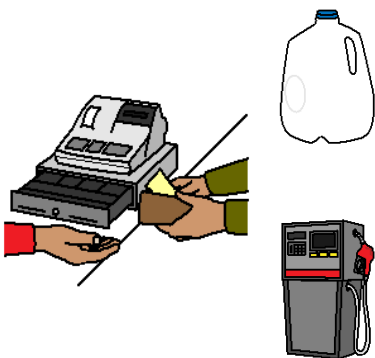


Sometimes we need things.

**But**



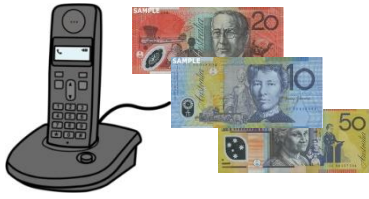
We have **no** money.



There will be people who need help to

- buy food
- pay bills
- buy petrol.

This is called **emergency relief**



There will be more help at the National Debt Helpline. You can talk to some one about your money.



Call the service you use.  
Ask what more they can do now?



## More information



COVID - 19 information from the government.

[www.health.gov.au](http://www.health.gov.au)



Call 1800 020 080.

You can call at

- any time
- any day.

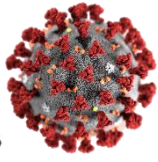


Translations

Call 131 450

## Images

We have used images from



- Change People

- Freepikpsd



- Inspired Services

- Mayer-Johnson



September 2020						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- Picto-Selector

- PrintableCalendartemplate.com



- Spectronics.



This fact sheet is based on the Prime Ministers statement \$1.1 billion to support more mental health, Medicare and domestic violence services

<https://www.pm.gov.au/media/11-billion-support-more-mental-health-medicare-and-domestic-violence-services-0>

29 March 2020