

ORGANISATION	WEBSITE/CONTACT DETAILS
ABC News for up to date information	https://www.abc.net.au/
Anglicare Financial Services	Phone contact only on 9720 9200.
Austalian Breastfeeding Association	https://www.breastfeeding.asn.au/bfinfo/covid-19 - Phone 1800 686 268
Australian Government/Department of Health	https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert
Australian Psychological Society	https://www.psychology.org.au/COVID-19-Australians
Beyond Blue	https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak
Beyond Blue Online Support Forum	https://www.beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak?utm_source=twitter&utm_medium=organic&utm_campaign=organicsocial_bb_mar20&utm_demo=all&utm_targeting=null&utm_format=link&utm_create=illustration&utm_objective=null&utm_id=organicsocial_bb0309
Butterfly Foundation for Eating Disorders	https://thebutterflyfoundation.org.au/covid-19
Centre for Disease Control & Preventions	https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
Child & Parent Centre Collie	All group sessions are suspended. Office remains open for online and telephone support. Phone 9734 3364
Child Mind Institute	https://childmind.org/article/talking-to-kids-about-the-coronavirus/
Coronavirus Health Information Line	Phone 1800 020 080
Emerging Minds - How to talk to your children about the current situation	https://vimeo.com/394049129
GP Down South Parent Support Office	This service is no longer available from the 31st March 2020.
Grief Line	https://griefline.org.au/ or call 1300845745
Headspace - Offering online & teleconferencing appointments in Busselton & Bunbury	https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/
Health Direct	https://www.healthdirect.gov.au/coronavirus or phone 1800 022 222
In Town Centre	Emergency Relief from 10.30am-11.30am, Meals 12-12.45pm (takeaway only), Bread/Veges/Fruit free, Walk in walk out only. Phone them on 9791 4214. Address is 52 Wittenoom Street, Bunbury.
Kids Health - Online support & Information for Parents, Children & Teens	https://kidshealth.org/en/parents/coronavirus-how-talk-child.html
Kids Help Line	https://kidshelpline.com.au/ or call 1800551800
Lifeline	https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak or call 131114
Mensline - National telephone and online support	https://mensline.org.au/ or phone 1300789978
Mindheart	www.mindheart.co/descargables have created a short book to support and reassure our children, under the age of 7, regarding the COVID-19.
Mindspot - Free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood	https://mindspot.org.au/coronavirus
MumSpace - Support for the emotional health of new mums	https://www.mumspace.com.au/
National Coronavirus Health Information Line	Phone 1800 020 080. It operates 24 hours a day, seven days a week. If you require translating or interpreting services, call 131 450.
National Debt Helpline	Phone 1800 007 007, website is ndh.org.au
Ngala Parenting Line	Phone 1800 111 546, open 8am-8pm 7 days a week. Website is https://www.ngala.com.au/
Parenting Connection South West, Anglicare WA	Parent workshops and support - phone 9720 9208 or online https://www.anglicarewa.org.au/get-help/parenting-support
Radiance - Support for the emotional health of new Mums	Services will continue via phone and online, https://www.radiancesouthwest.com.au/
Raising Children	https://raisingchildren.net.au/
Reach Out.Com - Resources for Parents, Schools & Young People	https://au.reachout.com/collections/coping-during-coronavirus
Relationships Australia	Services now only being provided over the phone or online. Call 1300 364 277 or via their website www.relationshipswa.org.au
Roses In The Ocean - tips for working from home	https://rosesintheocean.com.au/wp-content/uploads/2020/03/Working-from-Home-Tips.pdf
Scholastics Learn At Home	https://classroommagazines.scholastic.com/support/learnathome.html
Smart Traveller	https://www.smarttraveller.gov.au/news-and-updates/coronavirus-covid-19
Suicide Call Back Service	Call 1300 659 467
Support for Fathers	https://supportforfathers.com.au/
Telethon Kids Institute	information for parents at www.telethonkids.org.au
World Health Organisation	https://www.who.int/emergencies/diseases/novel-coronavirus-2019