

FACTSHEET

Support for students and families while quarantining

COVID-19 has affected all Canberrans in different ways — physically, mentally, financially, and socially.

During this challenging time, there are various supports available for you and your family. Please check out the following links and feel free to contact the services that suit your family's needs.

Community engagement

The Community Engagement team within the ACT Health Directorate engages with many diverse communities, including Aboriginal and Torres Strait Islander and multicultural communities.

The dedicated team will work to support you as requested with access to:

- COVID-19 multilingual information
- COVID-19 vaccinations
- COVID-19 testing
- Culturally appropriate food/groceries
- Wellbeing support
- community support referrals if requested

Email: Community.Engagement@act.gov.au or COVID19HECCLOAboriginalandTorresStraitIslander@act.gov.au

Phone: 02 5124 3959 Mon to Fri (8:30am–6:00pm)

Mental health and wellbeing

- If you require immediate support, please contact your local GP
- The ACT Health website has useful mental health and wellbeing information <https://health.act.gov.au/services/mental-health>

National 24/7 crisis services

- Coronavirus Mental Wellbeing Support Service– 1800 512 348
- Kids Helpline– 1800 551 800
- Lifeline– 131 114
- MensLine Australia– 1300 789 978
- Suicide Call Back Service– 1300 659 467
- National Indigenous Postvention Referral Service —1800 805 801

Mental Health Wellbeing apps

- [Smiling Mind](#)
- [Headspace](#)
- [iBobbly](#)
- [WellMob– Healing Our Way](#)

ACT Youth Portal (For children and young people needing services, support, or resources)

- [Mindmap – 1800 862 111](#)

After hours medical support

- In case of an emergency or for an ambulance dial 000 immediately
- Prescriptions – CALMS 1300 422 567
- Free health advice – Health Direct 1800 022 222

Financial support

If you are unwell or cannot work because you are waiting for the results of a COVID-19 test, you may be eligible for financial assistance.

The assistance will vary depending on your specific circumstances and eligibility.

The ACT COVID-19 website has more information:

<https://www.covid19.act.gov.au/services-and-support/aboriginal-and-torres-strait-islander-peoples>

<https://www.covid19.act.gov.au/services-and-support/multicultural>