

## EXTERNAL RESOURCES

ACA acknowledges that the current climate, restrictions and requirements can cause concern and unease amongst members and community. The tools and resources on this page have been compiled by ACA for further support and guidance as we navigate forward together.

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Australian Government  
National Mental Health Commission

[The Australian Governments' Mental Health Commission](#) provides resources and practical tips to support mental health and wellbeing during COVID-19.



Australian Government  
Department of Health

[The Australian Government Health Department](#) provides advice for the health and disability sector.



Australian Government  
Aged Care Quality and Safety Commission

[The Australian Government's Aged Care Quality and Safety Commission](#) has developed resources to support providers during the COVID-19 pandemic.



World Health  
Organization

[World Health Organisation \(WHO\)](#) provides international updates, advice and resources.



[Focus Insurance Brokers](#) offer a free legal panel on insurance to support and guide members.



[Legal Aid](#) deliver a wide range of legal assistance services in each State and Territory. Some legal assistance is available free-of-charge to everyone, including through free brochures, information sessions or telephone legal advice. There is an overview of Legal assistance services at [Attorney-General's Department](#).



[Australian Commission on Safety and Quality in Health Care](#) have developed factsheets for consumers, carers and clinicians to help them choose a digital mental health service, particularly during COVID-19.



**Phoenix Australia** have resources to support health practitioners and community members.



**People with Disability Australia** has information about the National Disability Insurance Scheme and COVID-19.



**SANE** have an active online lived experience forum focused on unpacking fact from fiction about COVID-19 and providing self-care strategies.



**Beyond Blue Online Forum** is a dedicated forum open to anyone residing in Australia to share their COVID-19 related concerns and seek helpful support.



**headspace**

**headspace** provides phone and online services to help you look after your mental health and wellbeing during these changing times.

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## HELPLINES

**Coronavirus Mental Wellbeing Support Service** | 1800 512 348 | [www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au)

**Lifeline** | 13 11 14 | [www.lifeline.org.au](http://www.lifeline.org.au)

**Suicide Call Back Service** | 1300 659 467 | [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Kids Helpline** | 1800 55 1800 | [www.kidshelp.com.au](http://www.kidshelp.com.au)

**MensLine Australia** | 1300 78 99 78 | [www.mensline.org.au](http://www.mensline.org.au)