

# Online Resources and Support Service

## COVID-19

Home isolation, quarantine periods and the spread of the virus can be stressful and may leave you feeling concerned.

There is a range of support services available:



**Australian Government**  
**Department of Health**

[https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert?utm\\_source=health.gov.au&utm\\_medium=redirect&utm\\_campaign=digital+transformatio n&utm\\_content=health-topics/novel-coronavirus-2019-ncov](https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital+transformatio n&utm_content=health-topics/novel-coronavirus-2019-ncov)

**health**direct

<https://www.healthdirect.gov.au/coronavirus>



**Australian Government**  
**Department of Social Services**

<https://www.dss.gov.au/about-the-department/coronavirus-covid-19-information-and-support>



<https://benestar.com/resources/covid-19>



<https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>



<https://www.nds.org.au/resources/coronavirus-covid-19>



<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>



**Australian Government**  
**Services Australia**

<https://www.servicesaustralia.gov.au/individuals/subjects/affected-coronavirus-covid-19/carers-coronavirus-covid-19>