

Useful Resources on COVID-19 related Issues

Keeping up to date:

- NSW Health Facebook:
<https://www.facebook.com/NewSouthWalesHealth>
- Multicultural NSW Facebook-
<https://www.facebook.com/multiculturalnsw>
- NSW case locations- <https://www.nsw.gov.au/covid-19/nsw-covid-19-case-locations>

COVID-19 Information in your language:

- <https://www.sbs.com.au/language/coronavirus?cid=infocus>
- Live COVID-19 updates on SBS, SBS VICELAND and SBS On Demand in **multiple languages** (with real-time interpreting in Assyrian, Cantonese, Khmer and Mandarin, as well as Arabic and Vietnamese)- <https://www.sbs.com.au/aboutus/sbs-to-broadcast-live-covid-19-updates-on-sbs-sbs-viceland-and-sbs-on-demand-in-multiple-languages>
- Multicultural Health Communication Service Daily key points (in Arabic, Assyrian, Chinese (simplified), Dari, Tamil and Vietnamese)- <https://www.mhcs.health.nsw.gov.au/publications/covid-19-coronavirus/covid-19-daily-key-points>
- NSW Health COVID-19 translated resources by topic- <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/translated/topics.aspx>
- In-language educational resources on COVID-19-
- <https://www.nsw.gov.au/covid-19/translated-resources?fbclid=IwAR2vxj7hNsxfurc-RZ12Uz5ZOJBgll55woEmQJ4d9f45nfhhuLA6fEcJvL8>

COVID-19 vaccine information:

- Department of Health- <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/information-for-service-providers-workers-and-people-with-disability-about-covid-19->

[vaccines/information-for-people-with-disability-about-covid-19-vaccines](#)

- Vaccine Eligibility Checker and where to book an appointment-
<https://covid-vaccine.healthdirect.gov.au/>
- Priority COVID-19 vaccination booking for 16 to 39 year-olds-
<https://www.nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/priority-covid-19-vaccination-booking-for-16>
- You can also find out about how to book in for your vaccination appointment by contacting the National Coronavirus and COVID-19 Vaccination Helpline on 1800 020 080.

COVID-19 testing at home:

- <https://www.health.nsw.gov.au/infectious/covid-19/Pages/home-testing.aspx>

COVID-19 testing clinics:

<https://www.nsw.gov.au/covid-19/health-and-wellbeing/clinics>

Food relief/assistance:

- Hamper Hub - food relief hampers-
<https://www.ozharvest.org/hamper-hub-granville/>
- Find food relief in your area-
<https://www.ozharvest.org/food/receive-food-individuals/>
- Food banks- <https://www.ideas.org.au/blogs/food-relief.html>

Restrictions:

- Find your 5km boundary- <http://2kmfromhome.com/5km>
- NSW Government: What you can do in NSW-
<https://www.nsw.gov.au/covid-19/rules/what-you-can-do-nsw>

Create a COVID-19 check-in card:

https://www.service.nsw.gov.au/transaction/create-covid-19-check-card?utm_source=ServiceNSW_Consumer&utm_medium=email&utm_campaign=2021-08-16_sfmc_consumer_edm22&utm_term=register_for_QR_code_button&f

[bclid=IwAR3HhIW3Cabr5drDRuGANJQIETRWzd7GB_Ui8YFWPF2kVrvJ5xM5u5VC6t8](#)

Scam alerts:

- Scam Watch - The latest information on scams-
<https://www.scamwatch.gov.au/>
- Stay smart online website-
<https://www.cyber.gov.au/acsc/individuals-and-families>
- About Scams and cybercrime (Fair Trading NSW)-
<https://www.fairtrading.nsw.gov.au/buying-products-and-services/scams>
- News article from the ABC 'Flubot text message voicemail scam targets nervous Australians waiting for COVID updates' (19 August 2021)- <https://www.abc.net.au/news/2021-08-19/flubot-text-message-scam-alert/100389660>

Getting help during COVID-19:

- Centrelink-
<https://www.servicesaustralia.gov.au/individuals/subjects/getting-help-during-coronavirus-covid-19>
- Red Cross - Extreme Hardship Support Program (Temporary or Provisional Visa Holders, or Undocumented Migrants)-
<https://www.redcross.org.au/get-help/help-for-migrants-in-transition/help-for-migrants-in-transition/nsw-relief>
- Service NSW- 137 788

Mental Health Support

- **Beyond Blue** Coronavirus Mental Wellbeing Support Service-
Phone: 1800 512 348

Online forum: <https://www.beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak>

Web Chat: <https://cmwssonline.beyondblue.org.au/#/chat/start>
- **Lifeline**- <https://www.lifeline.org.au/>

Phone: 131 114

- **Suicide Call Back Service–**

<https://www.suicidecallbackservice.org.au/>

Phone: 1300 659 467

- **Kids Helpline–** www.kidshelpline.com.au

Phone: 1800 55 1800

- **NSW Mental Health Line–**

<https://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx>

Phone: 1800 011 511

- **Red Cross COVID Connect–** 1800 733 276
- **COVID-19 Support Line for Senior Australians–** 1800 171 866

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