

In an emergency or crisis situation always call triple zero (000) for police, fire and ambulance and follow instructions.

Information in this document is intended as a general guide only. The information within this document was correct as at 25/03/2020. As we always strive to provide accurate information, please contact Youth Solutions (info@youthsolutions.com.au) if you notice any errors or omissions. We also encourage that you contact us with any suggested improvements.

A note from the team: Youth Solutions is committed to working together and supporting each other during these challenging times. To contact our team, email <mailto:info@youthsolutions.com.au> or call 4628 2319.

24 Hour Support Lines

Lifeline Australia: 13 11 14

Kids Helpline: 1800 55 1800

NSW Mental Health Line: 1800 011 511

Full list of 24 Hour Support Lines: youthsolutions.com.au/get-help/24-hour-support-lines/

COVID-19 specific information

National Coronavirus Health Information Line: 1800 020 080.

NSW Health COVID-19 FAQ Page:

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx>

Information and advice on COVID-19 (coronavirus) for community and businesses:

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx>

Financial Assistance

National Debt Helpline 1800 007 007 (free financial counselling) | www.ndh.org.au

Services Australia / Centrelink

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

Advice & Advocacy for Renters

South West Sydney Tenants Advice and Advocacy Service (SWSTAAS)

Service provided by Macarthur Legal Centre (02) 4628 1678 / 1800 631 993

<https://www.tenants.org.au/blog/renting-and-covid-19-information>

<https://maclegal.net.au/our-services/tenancy/>

Mental Health Support Services

Full list available: <https://youthsolutions.com.au/get-help/mental-health-support-services/>