

Mental Health and COVID-19 Community Support Services



bayswater.wa.gov.au

City of
Bayswater





The effects of COVID-19 have been both far reaching and unexpected, with significant repercussions for many of us.

For some, it has resulted in job losses or a reduction in income, while others have been impacted by social isolation or health concerns.

The effect on our mental health has also been substantial, with heightened levels of stress, anxiety and concern.

There is no doubt everyone in our community is navigating a very difficult time, but there is help if you need it and you are certainly not alone.

This flyer lists a number of the different services available to help you, and you may also find our online Community Directory a valuable resource.

I encourage you to keep this flyer on hand, or give it to someone who could do with some extra support.

We are a strong community, so let's lean on each other and make the most of the help that is out there. By doing this, we can make sure we are all able look to the future with confidence.

Mayor Dan Bull

Need help with your mental health?

Unresolved financial worries can cause significant stress and affect your mental health. Please connect with a mental health professional if you are having trouble sleeping, feeling angry or fearful, withdrawing from others, or just need someone outside your circle of friends and family to talk to.

Beyond Blue

1800 512 348

beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak

Lifeline telephone counselling

13 11 14 (24 Hrs)

lifeline.org.au

SANE Helpline

1800 18 7263

sane.org/services/help-centre

Suicide Call Back Service

1300 659 467 (24 Hrs)

suicidecallbackservice.org.au

Youth Focus

6266 4333

youthfocus.com.au/get-help/staying-mentally-well-covid-19/

HelpingMinds

1800 811 747

helpingminds.org.au

Need help with your finances?

Get free help from financial counsellors to address financial concerns and support your peace of mind.

National Debt Helpline

1800 007 007

ndh.org.au

Financial Counsellors Association WA

financialcounsellors.org/find-a-financial-counsellor/

Money Smart

moneysmart.gov.au

Online resources available to help get debt under control and improve your financial literacy. If you're experiencing financial hardship, call your utility provider who will have solutions to help make paying bills easier.

Alinta Gas

1300 282 613

hardship@alintaenergy.com.au

alintaenergy.com.au/wa/help-and-support/help-and-support/billing-and-pricing/hardship-and-financial-support/

Kleenheat

kleenheat.com.au/covid-19/hardship

Synergy

13 13 53

synergy.net.au/Your-home/Help-and-advice/Hardship

Water Corporation

1300 659 752

watercorporation.com.au/my-account/need-help-with-your-bill

Need help with your relationships?

Talk with a counsellor about concerns if you are struggling with a relationship breakdown, going through a separation or divorce, have parenting issues, or are suffering from abuse or family violence. They can also help with suicide prevention and emotional wellbeing.

Mensline Australia

1300 789 978

mensline.org.au/phone-and-online-counselling/

Relationships Australia

1300 364 277

relationships.org.au

1800 RESPECT

1800 737 732

1800respect.org.au

1800 ELDERHelp

1800 353 374

Need help with food relief?

Asking for help can be difficult, but if you are struggling to put food on the table, you may be eligible to access emergency food relief.

Financial Counselling Network

financialcounsellingnetwork.org.au/emergency-relief-and-food/

Vinnies WA

1300 794 054

vinnieswa.org.au

Salvation Army Morley

9272 4500

salvationarmy.org.au/morley

Need help with legal matters?

If you are concerned about possible legal action, you can seek free advice from a community legal centre.

Northern Suburbs Legal Centre

9440 1663

nsclegal.org.au

Legal Aid Western Australia

1300 650 579

legalaid.wa.gov.au

Consumer Credit Legal Service WA

9221 7066

cclswa.org.au

Women's Law Centre WA

1800 625 122

wlswa.org.au

Aboriginal Legal Service

1800 019 900

als.org.au

Youth legal service

9202 1688

youthlegalserviceinc.com.au

Need help with tenancy matters?

If you are a concerned residential tenant or about to be evicted from your home, there is help and advice available for you.

Tenancy WA

9221 0088

tenancywa.org.au

Sussex Street Community Law Centre

6253 9500

sscls.asn.au

Department of Communities – Housing

housing.wa.gov.au/currenttenants/publichousing/RentPaymentOptions/Pages/default.aspx

Department of Mines, Industry Regulations and Safety

commerce.wa.gov.au/consumer-protection/residential-rent-relief-grant-scheme

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