



Where to go for COVID-19 support and advice

Health advice

- › Call **13 HEALTH (13 43 25 84)** for health advice, including an over-the-phone nurse assessment of your symptoms.
- › Call **your local doctor** for doctor appointments, medical advice and to get information on testing, including results and testing locations. Telehealth consultations may be available.
- › Visit **health.qld.gov.au** for general COVID-19 health information.

Mental health support

- › Call **Triple Zero (000)** or go to a hospital if you are in immediate danger.
- › Call **1800 61 44 34** for mental health support.
- › Call **1300 MH CALL (1300 642 255)** to access public mental health services. This confidential mental health telephone triage service is the first point of contact for Queenslanders.

Practical support

- › Call the **Community Recovery Hotline (1800 173 349)** for food or other essential supplies while in quarantine.
- › Call **132 468** or visit **servicesaustralia.gov.au** for information about the Australian Government's support for people impacted by COVID-19 including Economic Support Payments and allowances for people who are in self-quarantine and can't work.
- › Call your **local Housing Service Centre via 13 QGOV (13 74 68)** for housing help.

Support for business

- › Call the **Small Business Hotline on 1300 654 687** or visit **business.qld.gov.au**.

International student assistance

- › Call **1800 778 839 (1800 QSTUDY)**.

Enlisting in Queensland's Care Army

- › Call **1800 173 349** or visit **covid19.qld.gov.au/CareArmy**.

Counselling services

- › Call **13 11 14** or visit **www.lifeline.org.au** for Lifeline's counselling services, available to anyone at any time.
- › Call **13 HEALTH (13 43 25 84)** to access the Red Cross's telephone psychosocial support service for people registered as being in home quarantine.

Domestic violence help

- › Call **Triple Zero (000)** and ask for Queensland Police if you are in immediate danger or you fear for your safety.
- › Call **DVConnect Womensline on 1800 811 811** (24 hours, 7 days) or **DVConnect Mensline on 1800 600 636** (9am–midnight, 7 days) if you believe a friend, family member or neighbour is experiencing domestic and family violence. People experiencing domestic and family violence may be vulnerable during periods of isolation.
- › Visit **qld.gov.au/domesticviolence** for a range of information, services and support.

Call **13 QGOV (13 74 68)** or visit **Covid19.qld.gov.au** for general information about the Queensland Government's response to COVID-19.