

COVID-19 WELLBEING REFERENCE RESOURCES

As conditions change in the coming days and weeks, stress management will be key to staying happy and healthy while we support our customers and colleagues through the Coronavirus crisis.

GENERAL WELLBEING

Don't forget, when the going gets tough, the tough get going. It's important we acknowledge that stopping to take a breath, take a short walk, or taking a moment to talk to a colleague or friend will help keep us happy, healthy and productive. So, eliminate the stressors that you can and be mindful to...

- Get good sleep
- Watch your alcohol intake
- Learn how to say no – know the limits of the assistance you can provide
- Take control of your environment – if the news/social media makes you anxious, limit your exposure to that which is essential
- Talk to your boss and colleagues – share your feelings
- Be willing to compromise – bend a little to find the middle ground
- Practice gratitude – if stress is getting you down, reflect on the good things in your life

HOUSING RELIEF SERVICES

Some of our clients will need immediate assistance finding housing.

[Salvation Army](#) – 13 SALVOS (13 72 58)

[Homelessness Australia](#) – National support contacts

[Air BnB](#)

WELLBEING SERVICES

The COVID-19 environment will generate a range of stress responses. It's important, especially in a remote working environment, that we check in with work colleagues daily to keep things positive. Colleagues or customers in need of professional support should be referred to:

[Blackdog Institute](#)

[Beyond Blue](#) – 1300 223 636

[Life Line](#) – 13 11 14

[BluePages](#) – Information on depression

[Carers Australia](#) – Support information for carers of parents, families, friends etc.

[Kids Helpline](#) – 1800 551 800

[SANE Australia](#) – 1800 187 263

[White Ribbon Australia](#) – Access to a range of domestic violence related services

ANIMAL SERVICES & SHELTERS

In the event of the animals of our clients needing emergency shelter.

[RSPCA](#) – Links to services and shelters in all states and territories