

Trusted Sources

[Coronavirus Australia App](#) - Official information and advice about the COVID-19 situation from the Australian Government

[COVIDSafe App](#) - Australian Government app designed to speed up contact with people exposed to coronavirus

[Australian Government Coronavirus \(COVID-19\) Health Alert](#)

[World Health Organization - Coronavirus Disease \(COVID-19\) Outbreak](#)

[Victorian Government Health and Human Services](#)

Worksafe Victoria:

- > [Preparing for a pandemic: a guide for employers](#)
- > [Exposure to coronavirus in workplaces](#)
- > [Minimising the spread of coronavirus \(COVID-19\): Working from home](#)

[HealthDirect - What to do if you have symptoms?](#)

[Telehealth Services](#) for GPs, mental health providers

[The Royal Australian and New Zealand College of Obstetricians and Gynaecologists \(RANZCOG\)](#)

[UK Royal College of Obstetricians and Gynaecologists](#)

[Australian Breastfeeding Association](#)

[UNICEF Family Friendly Policies COVID-19 Guidance](#)

[Fair Work Australia - Coronavirus](#)

[Safe Work Australia - Information on COVID-19 and work health and safety](#)

[ACCC Scamwatch](#) - Current scams relating to COVID-19

Mental Health & Wellbeing Sources

HELPLINES:

<u>PANDA</u>	1300 726 306
Support for depression and anxiety during pregnancy and early parenthood	
<u>Lifeline</u>	13 11 14
Crisis support and suicide prevention	
<u>Beyond Blue</u>	1800 512 348
<u>Coronavirus Mental Wellbeing Support Service</u>	
<u>1800 RESPECT</u>	1800 737 732
Sexual assault, domestic or family violence and abuse	
<u>Kids Helpline</u>	1800 551 800
Counselling for kids aged 5-25	
<u>National Debt Helpline</u>	1800 007 007
Financial counselling	
<u>Relationships Australia</u>	1300 364 277
Relationship advice	
<u>MensLine</u>	1300 78 99 78
Telephone and online counselling service for men with emotional health and relationship concerns	

ONLINE RESOURCES:

Centre of Perinatal Excellence (COPE)

Ready to COPE Guide for expectant and new parents

Register for Ready to Cope emails throughout pregnancy, birth and first year of parenthood

Looking After Your Mental Health: Guidance for Parents and Carers – Comcare

Beyond Blue

Heads Up – Work and your mental health during the coronavirus outbreak

Domestic Violence Resource Centre Victoria

Tips for Coping with Anxiety – Australian Psychological Society

Life in Mind – Suicide prevention support

Headspace – Mindfulness website and app

Parents & Kids Sources

[Australian Psychological Society Resource](#)

Helping Children Transition Back to School in the COVID-19 Era: Advice for Parents and Carers

[Mama Tribe](#)

If you're expecting, or you are a new mum wishing to connect with other mums at this time, Mama Tribe is an online community group with over 55 local groups across Australia

[Nourish Baby](#)

Online classes and resources, including healthy pregnancy, labour and birth, breastfeeding, baby and toddler guides

[The Village Foundation](#)

Connect to other working parents for conversation, tips and one-on-one support

[The Conversation](#)

How to prepare for coronavirus with a baby

[Centre for Perinatal Psychology](#)

Guides for expectant and new mums and dads during COVID-19

[How to Talk to your Children about Coronavirus](#)

Macquarie University's Centre for Emotional Health

[Coronavirus: A Guide for Parents](#)

A short video by schooltv.me

[Smiling Mind Digital Care Packs](#)

To support kids' mental health throughout the COVID-19 pandemic and beyond

[Smiling Mind](#)

A web and app-based meditation program developed by psychologists and educators

[Online Safety Kit for Parents](#)

Australian Government eSafety Commissioner

[Time Online: Help Your Child Achieve a Healthy Balance In Their Online and Offline Activities](#)

Australian Government eSafety Commissioner

[Digital Well-Being Guidelines for Parents During the COVID-19 Pandemic](#)

A guide by the Center for Humane Technology

[Guide to Staying Connected to our Children](#)

The Australian Childhood Foundation

[Learning From Home Information for Parents](#)

Victorian Department of Education and Training

[Raising Children](#)

Australian Parenting website containing ideas for fun and easy activities to support children's learning