

Feeling stressed or worried during COVID-19?

Don't be afraid to reach out.

Trained counsellors are here to
support you 24/7 on 1800 512 348.

coronavirus.beyondblue.org.au



Established by the Federal Government in conjunction with the Council on the Ageing Australia, National Seniors Australia, the Older Persons Advocacy Network and Dementia Australia, the phone line will be staffed with advisers who can offer practical help and advice.

Covid Senior support line number is 1800 171 866 and will operate weekdays, except public holidays, from 8.30am to

6pm. Minister for Aged Care and Senior Australians, Richard Colbeck, said talking to someone who understood and listened was an important outlet for anybody struggling to cope as the spread of the virus created additional pressure on individuals and communities.