



Multicultural Communities Council of WA **United We Stand**

Information for Multicultural Communities in Western Australia to seek meaningful support on various issues faced by them during COVID-19 crisis

Latest Information

For advice on how to stay safe please visit these links:

- [World Health Organization](#)
- [Department of Health](#)
- [Western Australia Department of Health](#)
- [Department of Foreign Affairs and Trade \(DFAT\)](#)
- [Smartraveller](#)

If you think, you are infected with the coronavirus:

Please visit [this link](#) to access Health Direct. Health Direct – Provides a tool for individuals to check for coronavirus symptoms.

Please follow [this link](#) for information about the COVID clinics across Western Australia.

Australian Government App – Provides the latest information and guidance about the Coronavirus response. Please visit [this link](#) to access the latest information from Australian Government.

If you have the coronavirus disease question and need an interpreter:

- 1) *Call 131 450*
- 2) *Request the Coronavirus Health Information Line on 1800 020 080*

Latest News and Updates

[WA Coronavirus Updates LIVE](#) – WA Government flags [six-month ban on evictions](#) amid COVID-19 job losses and business closures.

[COVID-19 statistics](#) – See the confirmed Coronavirus cases in WA by Local Government Area.

Mental Health

[Think Mental Health — How are you feeling?](#) - this is a mental health check-up tool to see how we can help you or someone you care about.

Lifeline - 13 11 14

Kids Helpline - 1800 551 800

MensLine Australia - 1300 789 978

Suicide Call Back Service - 1300 659 467

Beyond Blue - 1300 224 636

Headspace - 1800 650 890

ReachOut - au.reachout.com

Care Leavers Australasia Network (CLAN) - 1800 008 774

[Headspace App](#) - Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

[Smiling Mind App](#) - Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life. Practice your daily meditation and mindfulness exercises from any device

Family and domestic violence support

The following services are available if you need support:

Women's Domestic Violence Helpline (08) 9223 1188 or Free call **1800 007 339**

Men's Domestic Violence Helpline (08) 9223 1199 or Free call **1800 000 599**

For confidential information, counselling and support services call 1800 737 732 or visit the [1800RESPECT homepage](#).

Resources for Parents and Children

Information for parents regarding the [Coronavirus \(COVID-19\)](#).

Inspirational ideas for educational activities can be accessed through [Department of Education's resource list](#) which has translated documents with information and suggestions.

Translated teaching material / lessons include:

- Reading with your child is important
- Writing and spelling ideas
- Number games ideas
- Science at home.

Department of Education has also put together resources for learning at home. Learning resources are organised by year level and can be [found here](#).

Information about Consumer Protection

[Retail](#)

[Events](#)

[Weddings](#)

[Sport and gym memberships](#)

[Television subscription services](#)

[Food delivery services](#)

[Fuel](#)

[Travel](#)

[Tenancy](#)

[Commercial tenancy](#)

[Scams](#)

Contribute to the State's response to COVID-19 challenges

WA Government is harnessing the expertise of the community, using [iThink](#) website. Please share your ideas at [iThink](#).

Financial Support

If your income is impacted due to the COVID-19 Crisis, you might be eligible for Job Keeper payment from the Australian Government.

Please visit the [ATO website](#) to learn more about the Job Keeper Payment.

If Job Keeper payment is not for you, then you might be eligible for Job Seeker Payment from Services Australia. Please visit [myGov website](#) to learn more and apply.

You can also access your Superannuation early during the pandemic crisis. Please visit [this link](#) to learn about the eligibility and how to apply.

MCCWA is also able to provide some everyday essentials to those who are experiencing financial hardship *

Phone companies are providing extra data & support with payments:

[Telstra](#)

[Vodafone](#)

[Optus](#)

Please click on the company names for direct link to further information.

Multilingual Resources

Coronavirus related information and Health Advice available in the following languages:

[Arabic](#)

[Italian](#)

[Sinhalese](#)

[Burmese](#)

[Karen](#)

[Somali](#)

[Chinese](#)

[Korean](#)

[Spanish](#)

[Dari](#)

[Kurdish](#)

[Sawahili](#)

[Dinka](#)

[Nepali](#)

[Tamil](#)

[Farsi](#)

[Pushto](#)

[Tigrinya](#)

[Hakha Chin](#)

[Portuguese](#)

[Traditional Chinese](#)

[Hazaragi](#)

[Punjabi](#)

[Urdu](#)

[Hindi](#)

[Rohingya](#)

[Vietnamese](#)

Information about Transperth Services

Coronavirus Health Information Line

1800 020 080



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