

Mental Health and Wellbeing Support Available in Response to COVID19 Pandemic

Information compiled by the Norfolk Island Interagency Group

The changes we are experiencing on Norfolk Island in response to COVID19 can be stressful and may be having an impact on your mental health and wellbeing.

The following table lists available services.

I need information or support with	What service can help me?	How will this service help me?
Job loss or reduced income	<p>Norfolk Island Business Solutions/Centrelink</p> <p>Peopleplus</p>	<ul style="list-style-type: none"> Assistance with accessing payments delivered by Services Australia such as Jobseeker and Covid-19 payments. Call: 22368 for an appointment 9am-3pm Mon-Fri Support for those who are unemployed or short of hours by matching them with an employer. Assistance with resume writing and cover letters. Call: 50925 or 22562 for an appointment
Food	<p>Food Care</p> <p>Anglicare</p>	<ul style="list-style-type: none"> Emergency temporary Foodlands Vouchers call Gail 55606 or Yvonne 55011 Emergency relief including money for food and delivery of essential items to isolated people. Call: 51644 or 22232 Email: norfolkisland@anglicare.org.au
Paying bills	<p>Norfolk Island Regional Council (NIRC)</p> <p>Anglicare</p>	<ul style="list-style-type: none"> The NIRC Community Support Package in response to COVID19 provides community financial relief, through waiver and discount of some Council fees, for April-June 2020. For support to pay Council bills or apply for hardship provisions contact Customer Care: 22001. Provision of emergency relief for utility bills, rent, pharmaceutical costs etc. Assessed case by case and could also provide assistance to access other services. Call: 51644 or 22232 Email: norfolkisland@anglicare.org.au

<p>Feeling lonely and isolated</p> <p>Feeling lonely and isolated cont...</p>	<p>Red Cross</p> <p>Care Norfolk</p> <p>NIHRACS Anglicare</p> <p>EMNI – Welfare Functional Services Coordinator</p>	<ul style="list-style-type: none"> • Daily Telecross check-in phone calls to vulnerable people Call: Julie South 22974 • A service for seniors - in home domestic assistance, personal care, social support, minor home modifications, respite for carers, meals on wheels, equipment hire, free garbage collection and Disability services for NDIS participants. Contact 22396 or info@carenorfolk.nf • See elsewhere in table for more information on NIHRACS and Anglicare services • Coordination of meals (first 48 hours) and welfare calls to those in isolation Call 0100 or email: sharyn.menzies@nirc.gov.nf
<p>Anxiety and stress</p> <p><u>Helpful resources:</u></p> <p>Beyond Blue: wellbeing / depression support call 1300 224 636 (cost of a local call) or visit: www.beyondblue.org.au</p> <p>Youth Beyond Blue 1300 22 4636 24/7 Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/</p> <p>Headspace- support for youth and families visit: www.headspace.org.au and ehespace online chat</p> <p><u>Mensline:</u> www.mensline.org.au</p> <p><u>Mindspot:</u> https://mindspot.org.au</p> <p>Black dog: weekly mental health check: www.blackdoginstitute.org.au</p> <p>Telehealth providers directory www.whitecoat.com.au</p>	<p>NIHRACS</p> <p>Chrysalis Counselling and Coaching Dr Kate Lemerle (Psychologist)</p> <p>www.chrysaliswellnessservices.com</p> <p>Anglicare</p>	<ul style="list-style-type: none"> • GPs available through the GP Clinic, call 24134 • Learn stress and anxiety coping strategies. Call Maria: 22091 ext 131 or 50593 • Psychologist/Mental Health Counsellor, couple and family counselling Call Margie 24/7 : 56400 • Bulk-billed telehealth or face to face appointments with Psychologist. Mental fitness coaching via telehealth or online self-directed learning package. Available after hours and 24/7 for emergencies Call 52112 or Email: drkate@iinet.net.au • Emotional support via phone, skype or other social media and Skype counselling service Call: 51644 or 22232 Email: norfolkisland@anglicare.org.au • Stay connected with your family and friends via telephone or social media

<p>Looking after my mental health and wellbeing</p>	<p>Wellbeing Webinars</p> <p>Mental Health Awareness Group opposite the school at Middlegate intersection</p> <p>Norfolk Island Fitness and Health</p>	<ul style="list-style-type: none"> • Series of Healthy lifestyle webinars and resources visit: https://norfolkislandhealth.gov.nf/ and click on the health and wellbeing tab. • Printed resources to support the community and Mental Health First Aid Training. Call David: 51350 • Targeted exercise and wellness programs with a specific emphasis on mindfulness. Call Kay: 52809
<p>Parenting and Family Issues</p>	<p>Anglicare</p> <p>Emerging Minds https://emergingminds.com.au/</p> <p>1800 Respect https://www.1800respect.org.au 1800 200 526 (free call)</p> <p>NI Connect – children, young people and families All Free services</p> <p>Norfolk Island children, young people and Families Service Directory: https://ni-connect.net/ click on downloads link</p> <p>NIHRACS</p>	<ul style="list-style-type: none"> • Emotional support and parenting resources, children’s playgroups and shared children’s library. Call:51644 or 22232 Email: norfolkisland@andlicare.org.au • Supporting children in the Corona virus pandemic • Supporting families experiencing Domestic Violence • Information, advice and support about parenting, life skills and developmental milestones • Youth Counselling • Specialist support for children and young people at risk of harm and their families • Crisis accommodation arrangements for people who are victims of domestic and family violence • Financial literacy support • 24 hours, 7 days Domestic and Family Violence Help, Social Worker, Free Call 0444 • 24 hours, 7 days Couple and Family counselling Call Margie: 56400
<p>Business support</p>	<p>Your Accountant</p> <p>Visitors Information Centre</p>	<ul style="list-style-type: none"> • Assistance with understanding and accessing the Jobkeeper payment and managing business finances. Contact your preferred Accountant • Buy Local Campaign and tourism business workshops and support contact nitourism@nirc.gov.nf

The list of services and information has been collaboratively developed by the Interagency Group .