



Wheatbelt Local Government Fact Sheet COVID-19

For up to date information on the current COVID-19 situation across the region, state, nation and world, see links to key information below.

Daily Snapshot

A daily snapshot is provided by the WA Department of Health. This gives an overview of the number of cases of COVID-19 across the state https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus/COVID19-statistics.

My Healthy Wheatbelt

The WACHS Wheatbelt Facebook page 'My Healthy Wheatbelt' provides current updates and relevant information on community health, including matters related to COVID-19 <https://www.facebook.com/MyHealthyWheatbelt>.

WA Department of Health

https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus

This website provides up to date information for the public and health professionals including;

- Information for employers
- General information and FAQs
- Information for parents, school and early childhood centres
- Advice for schools about self-isolation requirements

Healthy WA

This website provides consumer information and fact sheets <https://healthywa.wa.gov.au/coronavirus>



WA Government, Department of the Premier and Cabinet

Provides information and advice for the Western Australian community; helpful for Shires to source information on social distancing, new restrictions and infection control measures.

<https://www.wa.gov.au/organisation/department-of-the-premier-and-cabinet/covid-19-coronavirus-latest-updates>

Australian Government Department of Health website:

This website also provides information on symptoms, infection control measure and nation-wide government response to COVID-19

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert#current-status>.

National Coronavirus Helpline

Coronavirus
Health
Information
Line

1800 020 080

Contact the *National Coronavirus Helpline* if you are seeking information on COVID-19.

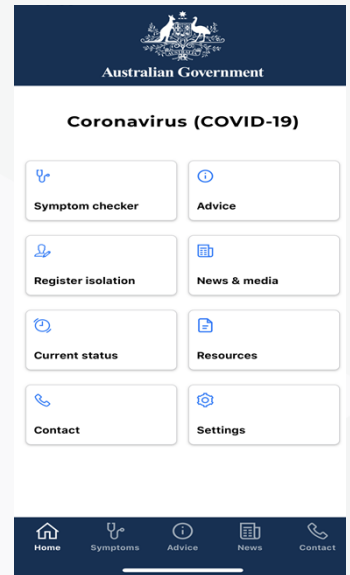
This line operates 24 hours a day, seven days a week.

Coronavirus Australia Mobile Application

The Australian Government has developed a free mobile application. This application provides updated information about COVID-19 including:

- advice
- news & media
- National Coronavirus Helpline; and more

Stay informed. Download the official government “Coronavirus Australia” app in the [Apple App Store](#) or [Google Play](#).



Keeping Mentally Healthy During COVID-19

It is natural to feel a range of emotions during the discussions around the Coronavirus outbreak. The following websites are available to support Australians and their families during these challenging times.

Head to Health

Head to Health is a mental health support site run by the Australian Government. This website provides Australians with trusted information and digital support for everyone's mental health and wellbeing during this pandemic.

Visit: <https://headtohealth.gov.au/covid-19-support/covid-19>

The website covers, tips for maintaining good mental health, information on how to access mental health services, information for parents, and how to keep older Australians safe and connected by helping them get established online.



Think Mental Health

This website run by the WA Mental Health Commission has a section on keeping mentally and physically healthy during this COVID-19 pandemic.

Visit: <https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/>

Seek Professional Help

You may need to talk to a professional about the worries you are having during these times.

Lifeline

Lifeline provides 24/7 crisis and suicide prevention support through a telephone and online chat service.

Visit: <https://www.lifeline.org.au/>

Or Telephone: 13 11 14



Beyond Blue

Beyond Blue provides support, advice and resources for positive mental health for all ages. Beyond Blue also has a 24/7 phone line and 6 hour online chat service.

Visit: <https://www.beyondblue.org.au/>

Or Telephone: 1300 22 4636

