HOW AND WHERE CAN I GET HELP?

CORONAVIRUS (COVID-19)

The State Government has opened a COVID-19 clinic at Armadale Health Service, so our community can be serviced close to home, if testing is required.

COVID-19 CLINIC

The COVID-19 clinic is open from 8am to 8pm daily, located at the **Armadale Health Service** (Ground Floor, 3056 Albany Highway, Mount Nasura). To learn more about the testing eligibility criteria refer to the WA Department of Health website **https://www.ahs.health.wa.gov.au/Our-services/COVID-Clinic**

If you are sick and think you have symptoms of COVID-19, seek medical advice. If you want to talk to someone about your symptoms, call the **National Coronavirus Helpline** for advice **1800 020 080** – the line operates 24 hours a day, seven days a week.

KNOW THE SIGNS

SORE THROAT   **FEVER**   **COUGH**   **SHORTNESS OF BREATH**

SUPPORT

Support is available if you are concerned about COVID-19 or are distressed because you are in self-quarantine or sick. If you would like to talk to someone, there are a number of services here to support you.

- Mental Health Emergency Response Line 24/7 Crisis Support **1300 555 788** (metro), **1800 676 822** (regional)
- Crisis Care – **1800 199 008**
- Samaritans 24/7 Crisis Line – **135 247**
- MindSpot – **1800 614 434** or **mindspot.org.au**
- headspace: visit **headspace.org.au** to find your nearest centre or call eheadspace on **1800 650 890**
- Kids Helpline: **1800 55 1800** or **kidshelpline.com.au**

- ReachOut: **reachout.com.au**
- SANE Australia: **1800 187 263** or **sane.org**
- Youth Beyond Blue: **1300 224 636** or **youthbeyondblue.com**
- Samaritans Youthline WA – **1800 198 313**
- Lifeline: **13 11 14** or **lifeline.org.au**
- Suicide Call Back Service: **1300 659 467** or **suicidecallbackservice.org.au**
- beyondblue: **1300 224 636** or **beyondblue.org.au**

All information correct at time of printing

PLATYPUS FUN FACTS!

• Their bill gives them a "sixth sense"

• The platypus is usually nocturnal, coming out at night or twilight to feed

• It is one of only two families of mammals which lay eggs