



Coronavirus Useful links

Essential Information

This site is regularly updated to give you the latest Coronavirus news, updates and advice from government agencies across Australia. It provides links for Key Updates, Health & Prevention, Supporting the Community, Receiving Financial Support, Information for education providers, business, employees and travellers, State and Territory Government Information.

[Australian Gov. - Coronavirus update](#)

Australian Banks

In an official Australian Banking Association (ABA) statement, CEO Anna Bligh said “Banks stand ready to support customers and if anyone is in need of assistance, they shouldn’t wait but come forward as soon as possible.”

ABA members and other players are communicating these financial assistance packages independently, with many announcing changed circumstances for personal and business financial products. They include waiving fees on early term deposit withdrawals, interest rate freezes on loans, options to defer or restructure home loan repayments, and emergency credit card limit increases. Click on the following links for more information. <https://www.ausbanking.org.au/> or [Big 4 Banks coronavirus relief packages](#)

Mental Health

The outbreak of the coronavirus COVID-19 impacts people in varying ways. It is understandable during times like this, you may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

While it is important to stay informed, the following links provide some mental health and wellbeing tips and strategies to continue looking after ourselves and each other during these difficult times.

[Lifeline - Mental health and wellbeing during covid-19](#)

[Head to Health.gov.au](#)

[Redcross.org.au](#)

[Beyondblue.org.au](#)

[Kids Helpline](#)

Physical Health & Wellbeing

It has never been more important to stay active to help keep our mental health in check. Not only



does exercise support the immune system, it also boosts our mental health during these anxious times.

Here are just a few on offer. Also google 30 minute workouts – sooo many to choose from!

1. Exercise & Sport Science Australia - www.exerciseright.com.au
2. [Workouts to stream while you're self isolating](#)
3. Chris Hemsworth – 6 weeks free trial - <https://centr.com/join-us>
4. Yoga - [Free online Yoga videos](#)
5. Meditation - [Free Mindfulness Apps](#)
6. Did you hear about the man in France who ran a marathon on his apartment balcony? [Click here](#)
7. [Celebrities doing free workout sessions](#)
8. Create your own workout. Share if you like and challenge your family and friends.



COVID-19 Information

For more information about COVID-19, visit the following sites.

[Australian Government Health Department](#)

[World Health Organisation](#)