











COVID-19 SUPPORT FACT SHEET 18/3/20



COVID-19 has brought rapid and massive change to our day-to-day lives and MATES recognises the potential impact this can have on the mental health of workers in the construction, energy and mining industries.

This fact sheet covers areas that can affect workers and their families with support available at this present time. Please click for the web link or scan with your phone.

MATES	MATES will continue to provide case management support via the 24/7 helpline 1300 642 111 without interruption. Site visits & training is available in accord with site management and Government advice.	Click Here  SCAN ME	MATES COVID-19 ADVICE	Click Here  SCAN ME	CORONAVIRUS INFORMATION	Click Here  SCAN ME		
If you find yourself in need of financial support as a result of the COVID-19 response measurements, there are a couple of avenues you can pursue.								
FINANCIAL	When you're in financial trouble, the National Debt Helpline can assist you. If you can't find the answer to your situation on their website, call 1800 007 007 . One of their financial counsellors will assess your situation and provide free advice or refer to face-to-face financial counselling, or additional services such as legal services, crisis food and accommodation and health services.	Click Here  SCAN ME	FINANCIAL	If you are unable to work or stood down from work for a period without pay as a result of the COVID-19 response it is possible you may qualify for support via one of a range of payments offered by Centrelink . To see if you are eligible you can use Centrelink payment finder via their website or alternatively contact them on 132 850 .	Click Here  SCAN ME			
BUSINESS	Government initiatives around business funding and support during COVID-19	Click Here  SCAN ME	ECONOMIC	Government economic response to COVID-19	Click Here  SCAN ME			
MENTAL HEALTH	Advice from the Mental Health Commission regarding looking after one's mental health	Click Here  SCAN ME	MENTAL HEALTH	Advice from the Australian Psychological Society	Click Here  SCAN ME	MENTAL HEALTH	Advice from the Queensland State Government	Click Here  SCAN ME