



A message from
**Coordinator-General
Office for Mental Health
and Wellbeing**



13 March 2020

The last few months have been a testing time for Australia and the world in general. On Wednesday 11 March the novel coronavirus (COVID-19) was declared a pandemic by the World Health Organisation. Our health system is prepared.

We now have a confirmed case of COVID-19 here in the ACT. The best way people can protect themselves and the community is to stay calm, practice good hand and general hygiene and follow the advice of our health officials.

For the latest information about COVID-19 in the ACT, please visit the [ACT Health Directorate website](#). This site includes Public Health Alerts, which contain the latest information about COVID-19 in the ACT community, and is updated regularly.

The website for the [ACT Chief Health Officer Alerts](#) also contains information you may find useful, and includes alerts for General Practitioners and Community Health Professionals and Pharmacists.

There are several posters that ACT Health have developed that you might find useful. They can be found by clicking the links below:

- [Prevent the Spread of Germs poster](#)
- [Practice good hand hygiene poster](#)
- [Issue a tissue poster](#)

The [Commonwealth Department of Health website](#) also has a collection of resources for the general public, health professionals and industry about COVID-19, including translated resources. Translated information is available for the Chinese, Farsi, Italian and Korean communities.

The Commonwealth Department of Health website is updated daily with the latest medical advice and official reports: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

If you have concerns about you or your family's health regarding COVID-19, please call the Coronavirus Health Information Line on 1800 020 080. The line operates 24 hours a day, seven days a week.

I'd like to take this opportunity to acknowledge and thank the health care personnel working hard in this area and supporting our community during this time.

Lifeline provides a free, 24-hour Telephone Crisis Support service in Australia. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance on 13 11 14 or <https://www.lifeline.org.au>. Deaf Canberrans can contact Lifeline's Text Service on **0477 13 11 14**.