

COVID-19

Self-isolation period

Your in-room guide



Hello.

It is important for you to know some important things while self-isolating.



How to use Zoom

We have attached an instruction guide for Zoom. Zoom is an app you may use to access your telehealth appointments on. Instructions for both Android and Apple smart phones are located in this folder. It is important you continue to virtually attend your appointments.



Your food bundle

We have supplied a food bundle pack that should get you through your initial first day stay at the provided accommodation. Your family are able to drop off food to your door and leave as it is important to continue to practise social distancing and please remember to avoid contact.



Stay connected

Looking after your social and emotional wellbeing during this time is critical. Stay connected and reach out to your friends and family via telephone, social media and FaceTime.

Helpful contacts

Lifeline

Call **13 11 14** (Open 24 hours/7 days)

Text messages to 0477 13 11 14 (6pm – midnight AEDT, 7 nights)

Chat online: www.lifeline.org.au/crisis-chat (7pm - midnight, 7 nights)

Beyond Blue

1800 512 348

www.beyondblue.org.au/get-support/online-forums/staying-well/coping-during-the-coronavirus-outbreak

NSW Health Mental Health Line

1800 011 511 (Open 24 hours/7 days)

Kids Helpline

1800 551 800

Emergency

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If you or someone you are with is in immediate danger, please call 000 or go to your nearest hospital emergency department.

Or you can contact our
Aboriginal Health team:

Nicola Barker – 0437 031 743

Aboriginal Health Coordinator

North Coast Primary Health Network



northcoastphn
ncphn.org.au