- Comprehensive list of mental health support and resources
- National Workforce Centre for Child Mental Health: Video for children and mental health
- National Mental Health Commission Coronavirus Mental Wellbeing Support Service Ph: 1800 512 348 online forum-coronavirus-beyondblue
- CESPHN website mental health page
- Access counselling using Telehealth
- Beyond Blue fact sheet
- Information for parents and expecting parents with anxiety: HELPLINE: 1300 726 306 (Mon- Fri 9.00am-7.30pm)