

APRIL 2020

YOUR LOCAL RESOURCES

CORONA HELP AND SUPPORT



O S A N A

INFORMATION

OSANA COVID 19

osana.care/covid-19

Updates on Coronavirus with tips on how to protect yourself.

HEALTHDIRECT

healthdirect.gov.au/coronavirus

For reliable and up to date information on all aspects of Corona virus and it's management.

ABC NEWS

abc.net.au/news/story-streams/coronavirus

Live stream and free coverage for up to date announcements.

PRACTICAL SUPPORT

FREE LEGAL ADVICE

service.nsw.gov.au/covid-19/free-legal-advice

The NSW Government has launched a free legal help service for people facing legal issues under the COVID-19 public health laws.

NSW HEALTH CARE INTERPRETING SERVICES

health.nsw.gov.au/multicultural

Offering free, confidential and professional interpreters when they use public health services for patients, their families and carers who do not speak English as a first language or who are Deaf

SUPERMARKET SUPPLIES

[Woolworths](#) and [Coles](#) are now open 7AM-8AM Mondays, Wednesdays and Fridays for elderly and those with a disability with a concession card. [IGA](#) is offering priority home delivery via application. [Harris Farm](#) are offering delivered food boxes.

REDCROSS

redcross.org.au/prepare

Free tools, emergency plans and survival kits list

FINANCIAL SUPPORT

service.nsw.gov.au/covid-19/financial-support-individuals-and-households

Financial support that may be available through government packages.

ADOPT A HEALTHCARE WORKER

facebook.com/groups/3078723942162267/?ref=share

[ref=share](#)

Support to help those on the front lines in your local area.

YOUR LOCAL TESTING LOCATIONS

health.nsw.gov.au/infectious/diseases/Pages/coronavirus-testing.aspx

MENTAL HEALTH SUPPORT

MOODGYM

moodgym.com.au

Award winning free online mood management program for adolescents and adult.

OSANA TELEHEALTH

13 93 55

Book in your session with our in house clinical psychiatrist.

MINDSPOT

mindspot.org.au 1800 614 434

Free profession clinic for anxiety or depression.

BEYONDBLUE

beyondblue.org.au/get-support

Phone, web and email-based help for depression.

LIFELINE

13 11 14

24 hour telephone support 24-hour crisis support telephone service. [Lifeline](#) provides 24/7 crisis support and suicide prevention services.

ALCOHOL AND OTHER DRUGS INFORMATION SERVICE

Sydney metropolitan: (02) 9361 8000

[ADIS](#) provides 24 hour 7 day a week telephone counselling, support, referrals and information for those affected by alcohol or other drugs as well as callers who are concerned about their family or friends.

NSW MENTAL HEALTH LINE

1800 011 511

[Mental Health Line](#) is 24/7 with professionals who will answer your call about mental health concerns for you or someone you are concerned about, including children, teens, adults and older people.

click to view

OSANA

WHAT TO LOOK OUT FOR?

BE READY

Covid-19

Dr Caroline Rogers FRACGP
Clinical Director

info@osana.care 13 93 55 www.osana.care

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YOUR LOCAL RESOURCES FOR KIDS

TALKING TO KIDS ABOUT COVID-19

OSANA FACT SHEET

osana.care/talking-covid-19-with-kids/
Tips and phrases by our child neuropsychiatrist.

RAISING CHILDREN

raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia
Advice on talking to kids 0-18 yrs about covid-19 and related topics.

SCHOOLS AND CHILDCARE ADVICE

healthdirect.gov.au/coronavirus-covid-19-childcare-school-exclusions-faqs
Updated advice for parents relating to schools, and childcare based on government advice.

WELLBEING + MENTAL HEALTH

GONOOLE

gonoodle.com/
GoNoodle engages 14 million kids every month with movement and mindfulness videos created by child development experts. Available for free at school, home, and everywhere kids are!

SMILING MIND

smilingmind.com.au
Remain inspired, stay connected and foster good mental habits during the Coronavirus crisis online.

BRAVE

brave-online.com
Online psychological program for the treatment of childhood and adolescent anxiety.

KIDS HELP

kidshelp.com.au 1800 551 800
A free, private service for people aged 5 to 25

HEAD SPACE

headspace.org.au/eheadspace/
ehespace provides free online support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, ehespace can help.

EXERCISE + PLAY

ACTIVE FOR LIFE

activeforlife.com
develop the fundamental movement skills and fundamental sport skills that benefit kids for their whole lives

YULUNGA TRADITIONAL INDIGENOUS GAMES

sportaus.gov.au/yulunga
Suitable for children and adults of all ages, abilities and backgrounds, Yulunga can be used an educational resource and as a guide to inclusive, structured sport within communities.

PLAYTIVITIES BLOG

playtivities.com
Family fun in games and play activities

SCHOOL CAMPS AT HOME ACTIVITY BOOK

sport.nsw.gov.au/sites/default/files/School%20Camps%20at%20Home%20-%20edit%202.pdf

AT HOME ACTIVITIES

KIDS STORIES

Story Pirates - Podcast for stories for kids
storypirates.com/

Fierce Girls - Stories about adventurous Australian women
abc.net.au/radio/programs/fierce-girls

Brainson - Educational podcasts for curious kids
brainson.org/

Buzzsprout - Imaginative and entertaining stories
568048.buzzsprout.com/

Story Online - Stories read by celebrity actors
storylineonline.net/

ONLINE EDUCATIONAL GAMES

Whyville - Virtual world where children ages 8 to 15 play, explore, create and learn together
whyville.net/smmk/nice#what

Fun Brain - Created for kids in grades Pre-K through 8, the leader in free educational games for kids
funbrain.com/

National Geographic for Kids - discover some of the coolest facts for kids from around our planet
natgeokids.com/au/

Scratch - online computer coding games for kids from 5 yrs old
scratch.mit.edu/

Toy Theatre - Educational games for kids
toytheater.com/

Mystery Science - get kids excited about science with fun mini lessons on fun topics.
mysteryscience.com/

FUN ACTIVITIES

Lunch Doodles - kids author Mo Willems presents daily doodling class at The Kennedy Centre
youtube.com/playlist?list=PL14hRqdOPELGbKihHuTqx_pbvCLqGbOkF

Highlights Kids - activities, jokes and fun games
highlightskids.com/

Nomster Chef - home cooking recipes for kids
nomsterchef.com/

Taronga Zoo Live Cam - daily live cam on zoo animals
taronga.org.au/taronga-tv#animallivecams

Kids Activities Blog - ideas for family fun activities
kidsactivitiesblog.com

Kidspot - ideas for art and craft, games and activities for kids and families
kidspot.com.au/things-to-do

The Dad Lab - science, art and craft for kids
thedadlab.com/

STAY AT HOME RESOURCES

WELL BEING

CALM

meditation and sleep app
calm.com/

WORK FROM HOME ADVICE

Stay Productive

Productivity tips on living/working at home
relationshipsns.w.gov.au/how-to-stay-productive-and-look-after-your-wellbeing-during-the-coronavirus/

Mental Health At Home

Information sheet on healthy balance at home
blackdoginstitute.org.au/docs/default-source/education-resources/black-dog-institute-managing-your-mental-health-at-home-covid-19.pdf?sfvrsn=0

CHOPRA CENTRE MEDITATION

Free 21 day meditation with Oprah + Deepak
chopracentermeditation.com/article/6-oprah-deepaks-21-day-meditation-experience?

LEARN + STIMULATE

LEARN A LANGUAGE

Memrise - free, easy way to memorise and learn a language
memrise.com/
Duolingo - free, fun and effective bite size learning
duolingo.com/

TAKE A FREE SHORT COURSES

TAFE NSW - range of short courses and skills
tafensw.edu.au/fee-free-short-courses
Pluralsight - tech skill courses, free in April
pluralsight.com/offer/2020/free-april-month
Codecademy - learn computer coding languages
codecademy.com/
Coursera - free and certified courses
coursera.org/
Udemy - Practical courses and skills
udemy.com/
EDX - free courses from top universities
edx.org/

ARTS + MUSIC

Nikon - Free Photography class and tips
nikonevents.com/us/live/
Fender Guitars - Free guitar lessons
try.fender.com/play/playthrough/
Isolation Art School - classes on instagram
instagram.com/isolationartschool/
National Portrait Gallery - 14 day portrait classes starting April 28th
portrait.gov.au/content/the-amazing-face/

HOME IMPROVEMENT OR GARDENING

Marie Condo - Declutter and Tidy with tips and ideas
youtube.com/channel/UCNaPKFA1niUFRgzkVqghJVg

Gardening Australia - video advice and tips on maintaining and growing a healthy garden
youtube.com/channel/UCzsltdnAgTMSIPOvjko_Dw

Bunnings - DIY supplier with handy advice
bunnings.com.au/diy-advice

CONNECT WITH OTHERS

VIDEO APPS

Houseparty
Whatapps
Snapchat
Google Hangouts
Zoom
Skype
Messenger

SOCIAL MEDIA

Facebook
Instagram
Youtube
Tik Tok
LinkedIn
Twitter
Tumblr

HASHTAGS

#stayhomeandbake
#stayhomechallenge
#flattenthecurve
#quarantineandchill
#lockdown2020
#quarantinelifelife
#stayhome

ENTERTAINMENT

ARTS + CULTURE

Social Distancing Festival - celebrates art from around the world

socialdistancingfestival.com/

MET - nightly opera streamed performances

metopera.org/

Broadway - broadways shows streamed 7 day free trial
broadwayhd.com

The Louvre - tour the Louvre and exhibitions

louvre.fr/en/visites-en-ligne

Google Arts + Culture - enjoy art, music and culture online

artsandculture.google.com/

BBC - podcasts on world history, culture and ideas with leading experts.

bbc.co.uk/programmes/p004kln9/episodes/downloads

STREAM ONLINE

Audible - Audio books 30 days free trial

audible.com.au

Spotify - Music and Podcast - Premium 30 days free trial

spotify.com/au/

Free Ebooks - Apple Books, Google Play and Kindle Store

Movies + TV Series

Prime, Stan, Netflix 30 days free trial

Foxtel 10 days free trial

Apple TV+ 7 days free trial

EXERCISE + FITNESS

Exercise Right - Free exercises by accredited professionals

exerciseright.com.au/homeworkouts/

Fit On app - Free personalised plans and workouts

fitonapp.com/fitness/

Free Yoga Class

goodvibesyoga.com.au/virtual-studio

Free Yoga Lessons

youtube.com/channel/UCsksmxdgJtJp18iMYQpJg0A/videos

Free Tai Chi Lessons

youtube.com/channel/UCwPaMEomSAE522FHTGpafcw

Free Pilates lessons

youtube.com/user/blogilates

CENTR - Chris Hemsworth workouts, free trial available.

centr.com

FOOD + DRINK

COOKING CLASSES

Maggie Beer - Free online classes during lock down

facebook.com/OfficialMaggieBeer

Dan Churchill - Healthy recipes and food ideas

youtube.com/channel/UCaSF0d06nxqCfeuxge5TWxw

Pohs Cuts - Recipes from Poh's kitchen

sbs.com.au/food/recipes/collections/pohs-cooks-cuts

Make your own Sourdough

cookrepublic.com/how-to-make-a-sourdough-starter-at-home-tips-tricks-and-troubleshooting/

Fermenting Recipes

thefermentary.com.au/blogs/recipes

SUPPORT YOUR LOCAL CAFE / RESTAURANT

Broadsheet LIVE guide - updated list of restaurant/cafe offering takeaway

broadsheet.com.au/sydney/guides/live-list-sydney-restaurants-pivoting-takeaway

Westfield Shopping Centres - click and collect takeaway
direct.westfield.com.au/centres/?bc_fsnf=1&list_all=Centre