



Information for Aboriginal and Torres Strait Islander communities on coronavirus (COVID-19)

Welcome to the electronic newsletter update to provide key information to Aboriginal and Torres Strait Islander households, communities and stakeholders. Things are changing quickly, and it's important to stay informed. Visit health.gov.au and niaa.gov.au

Key Messages

- Help is here – new campaign to support domestic and family violence services
- New toolkit to help keep our mob safe from coronavirus
- Important information for people with disabilities
- Latest news from the National Aboriginal and Torres Strait Islander COVID19 Advisory Group

Help is here – new campaign on domestic violence support services

Some people may now be living with a higher risk of domestic or family violence and / or sexual assault.

Living through a tough time doesn't make any form of domestic violence or abuse OK.

[1800 Respect video animation.](#)

[Click here](#) to access the 'Help is here' resources and share these with your networks too.

If you or someone you know needs help, there are many services you can reach out to.

- For free, confidential advice, support and counselling for everyone, contact 1800 Respect.
- For free, confidential men's advice and counselling, contact [MensLine](#).

There are lots of other services that can help to keep you and your family safe.

The eSafety Commissioner has developed online resources to support women experiencing abuse through online platforms or via smart phones. You can find the resources at [eSafety.gov.au/women](https://www.esafety.gov.au/women)

The Australian Government has announced a \$150 million domestic violence support package. Most of this funding will go to bolstering specialist family, domestic and sexual violence frontline services.

[Menslink video](#)

Remember, there is no excuse for violence. Help is here.

New community toolkit to help keep our mob safe from coronavirus

The keep our mob safe coronavirus toolkit for Aboriginal and Torres Strait Islander peoples is now available online.

The kit contains radio commercials, videos, posters and a range of other resources to help you share important messages about coronavirus with your community.

This also includes poster templates that allow you to add your own messages and contact information most useful for your community.

Help keep your community safe by using and sharing the kit with your network and people in your community.

You can [download the toolkit here](#).



Important information for people with disabilities

The NDIS has made some changes so that people living with a disability and their families can get the essential supports they need during these difficult times.

The [First Nation's Peoples Disability Network](#) have also developed this video message to communicate the changes.

There are also easy read information resources online and in PDF that you can access.

Here is an outline of some of the changes.

- It is now easier for people to use their plans and budgets more flexibly for their supports

- There are now special teams of planners available to help make urgent changes to plans
- Face-to-face planning meetings will now be done over the phone to follow social distancing guidelines
- It is now possible to extend NDIS plans for up to 24 months if appropriate

You can read all about these changes at the NDIS website.
<https://www.ndis.gov.au/coronavirus>

Latest news from the National Aboriginal and Torres Strait Islander COVID19 Advisory Group

The National Aboriginal and Torres Strait Islander Advisory Committee on COVID-19 has been working closely with Government to ensure the safety and wellbeing of Aboriginal and Torres Strait Islander communities through coronavirus.

You can [read more about their latest work helping to keep our mob safe here.](#)

The Royal Australian College of General Practitioners (RACGP), National Aboriginal Community Controlled Health Organisation (NACCHO), the Lowitja Institute, and The Australian National University (ANU) are also working together to provide practical and timely advice for primary healthcare teams supporting prevention and management of COVID-19 for Aboriginal and Torres Strait Islander people across Australia.
You can [access their media release here.](#)

**HELP OUR COMMUNITIES TO STAY HEALTHY, STRONG AND
CONNECTED, BY SHARING TIPS ONLINE #KEEPOURMOBSAFE**

