

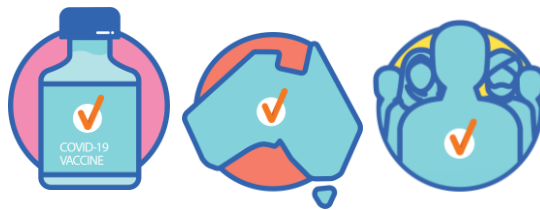
# STAKEHOLDER PACK

Support for Current COVID-19 Outbreaks

August 2021

**COVID-19**  
✓ **VACCINATION**

[www.health.gov.au](http://www.health.gov.au)



Australian Government

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# INTRODUCTION

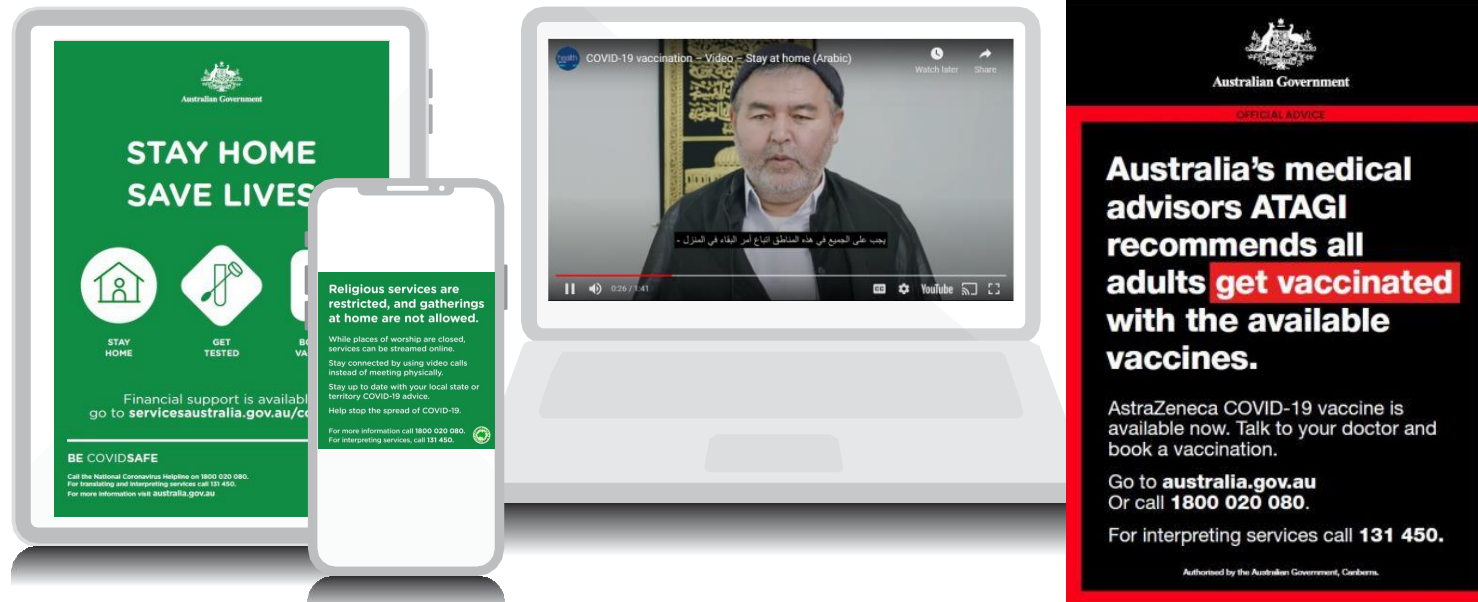
The Department of Health is committed to making critical COVID-19 safety and COVID-19 vaccine information available to everyone in Australia, including culturally and linguistically diverse communities. This stakeholder pack includes in-language communication resources to support recent outbreak situations across Australia, particularly in NSW, Victoria and the ACT.

You are receiving this pack because you are a key stakeholder with important connections in your community. We encourage you to share the resources in this pack throughout your multicultural networks.

With your help and support, we can ensure everyone stays informed about COVID-19 and COVID-19 vaccines through official sources.

## IN THIS PACK

This pack includes in-language videos, posters, and social media assets with information on COVID-19 vaccinations; getting tested for COVID-19; staying home to stay safe; religious services during lockdowns; available financial support and other information on the COVID-19 vaccine rollout.



## WHAT YOU CAN DO TO HELP

- Sharing the materials available in this stakeholder kit with your community by email, social media, or via messaging apps such as WhatsApp, Viber, WeChat, Messenger and others.
- Printing fact sheets or posters and displaying them in your place of work or community organisation.
- Directing people to the Department of Health website for the latest information and updates. The website has information on COVID-19 vaccines available in 63 languages:  
[www.health.gov.au/covid19-vaccines-languages](http://www.health.gov.au/covid19-vaccines-languages)
- Directing people to the Services Australia website for in-language information on financial support and eligibility: [www.servicesaustralia.gov.au/individuals/services/centrelink/covid-19-disaster-payment](http://www.servicesaustralia.gov.au/individuals/services/centrelink/covid-19-disaster-payment)
- Encouraging your community to continue safe practices to stop COVID-19 from spreading. Get vaccinated for COVID-19, stay 1.5 metres away from others, stay home when you are sick, get tested for COVID-19 and wear a mask when required.
- Advising anyone who would like more information to call the **National Coronavirus Help Line** on **1800 020 080**. It operates 24 hours a day, seven days a week. People who do not speak English can access interpreting services by calling 131 450.

# VIDEO

## STAY AT HOME

In these videos, doctors and community leaders explain the importance of staying home, getting tested, and getting vaccinated during the Greater Sydney COVID-19 outbreak.



[Arabic](#)

[Greek](#)

[Punjabi](#)

[Tagalog](#)

[Assyrian](#)

[Hindi](#)

[Samoan](#)

[Tongan](#)

[Bengali](#)

[Italian](#)

[Sinhalese](#)

[Vietnamese](#)

[Cantonese](#)

[Khmer](#)

[Somali](#)

[Dinka](#)

[Korean](#)

[Spanish](#)

[English](#)

[Mandarin](#)

[Swahili](#)

# VIDEO

## DR LUCAS DE TOCA: WHY COVID-19 VACCINES ARE IMPORTANT IN AN OUTBREAK

In these videos, Dr Lucas de Toca, First Assistant Secretary at the Department of Health, explains the importance of COVID-19 vaccines in an outbreak setting.



[Arabic](#)

[Greek](#)

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[Samoan](#)

[Tongan](#)

[Bengali](#)

[Italian](#)

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[Somali](#)

[Dinka](#)

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# POSTER

## ATAGI ADVICE ON VACCINATION



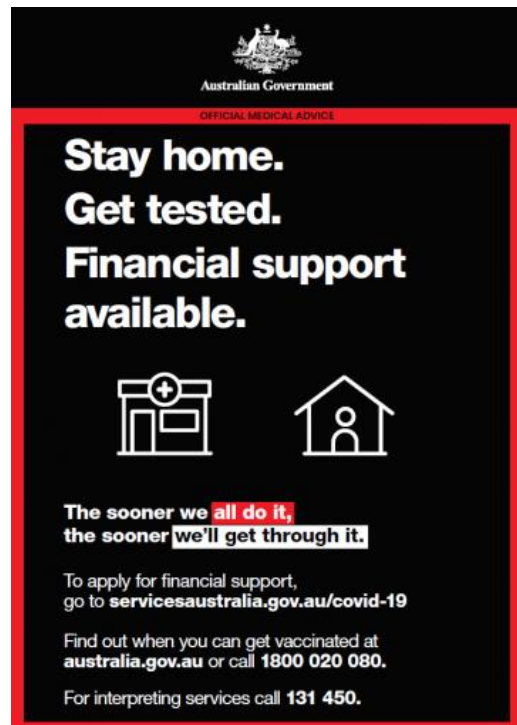
This poster explains that ATAGI recommends all adults get vaccinated for COVID-19 with the available vaccines.

The in-language poster is available to download from the [Department of Health Website](#).



# POSTER

## STAY HOME, GET TESTED, FINANCIAL SUPPORT AVAILABLE



This poster tells people to stay home, get tested, and that financial support is available.

The in-language poster is available to download from the [Department of Health Website](#).

# POSTER

## STAY HOME, SAVE LIVES



This poster encourages people to stay home, get tested, and book their vaccination for COVID-19.

The in-language poster is available to download from the [Department of Health Website](#).

# POSTER

## RELIGIOUS SERVICES DURING COVID-19 OUTBREAKS



This poster has information about religious services during COVID-19.

The in-language poster is available to download from the [Department of Health Website](#).

# SOCIAL MEDIA RESOURCES

## STAY HOME, SAVE LIVES

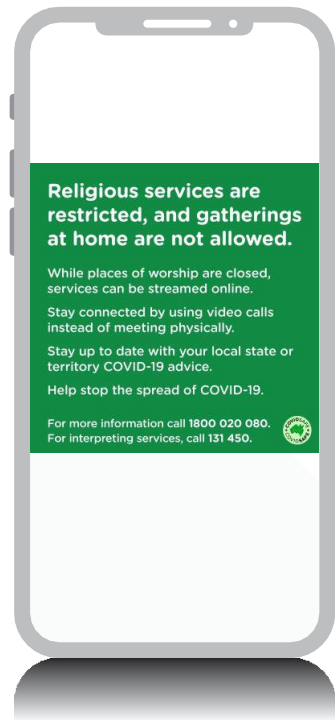


This social media tile includes key messages about staying home, getting tested, booking vaccinations and financial support.

The in-language social media tiles are available for download from the [Department of Health website](#).

# SOCIAL MEDIA RESOURCES

## RELIGIOUS SERVICES DURING COVID-19 OUTBREAKS



This social tile explains celebrating religious services during COVID-19 outbreaks.

In-language social media tiles are available for download from the [Department of Health website](#).

# MENTAL HEALTH RESOURCES

## FACTSHEETS

These translated factsheets are about how to take care of your mental wellbeing and available in 27 languages.

**How are you feeling today?**

The impacts of the coronavirus have made many of us feel stressed or alone. You may also be concerned about your family and friends overseas. You can talk to a friend or relative about your worries, or a health professional.

The following are signs you might need to seek help:

- Feeling stressed or worried
- Changes in your mood (feeling sad, angry or scared)
- Finding it hard to concentrate or remember things
- Having trouble sleeping (sleeping less or too much)
- Changes to eating (eating more or less than usual)
- Feeling more upset than usual
- Feeling like you do not want to see friends or be around other people
- Feeling isolated or lonely

It is important we all take care of our mental wellbeing and physical health. It is ok to ask for help if you are not feeling yourself. Many people are feeling the same and you are not alone.

**Where can you get help?**

If you are finding it hard to cope with your everyday life, contact your local doctor who can explain the steps you can take.

**National Translating and Interpreting Service 131 450**  
Call for a free and confidential interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

**Coronavirus Mental Wellbeing Support Service 1800 512 548**  
Trained health professionals who can help you over the phone. It is free and available 24 hours a day, 7 days a week.

Go to [headtohealth.gov.au](https://headtohealth.gov.au) for helpful information and resources in your language, and professional support.

Signs and Symptoms  
[download](#)

**Looking after your mental health and wellbeing**

The impacts of the coronavirus have made many of us feel worried, stressed or alone. You may also be concerned about family and friends overseas. It is important to take care of your mental wellbeing and physical health.

**What can you do?**

- Keep in touch with family and friends:** Talking to family, friends, or religious leaders about how you are feeling can help you feel better. Stay connected on the phone or via video call.
- Get enough sleep:** Sleep is important for physical and emotional health. Most adults need 7 to 8 hours sleep per night and 9 to 11 hours per night for children.
- Reduce alcohol and smoking:** Avoid to reduce your use of alcohol and tobacco.
- Take a break from social media:** Too much time on social media can impact how you are feeling. Taking a break can help you feel better.
- Stay active and eat healthy:** Staying healthy is good for your mind and body. Get your active by going for a walk, visiting the local park, or exercising at home. Eat healthy foods like fruit and vegetables. Limit high sugar snacks and drinks.
- Make yourself available:** Call a friend you have not spoken to in a while, offer to help someone else in the community or your neighbours. Check on someone you have a falling out difficult at the moment.
- Create a regular routine:** Plan your day so you have time for household chores and work. Make sure you connect with others, do activities you enjoy and make time to see. Have regular bedtime and awakenings.
- Seek help:** If you are having problems, ask for help before things get too bad. Religious and community leaders can support you. You should also seek help from a health professional.

**Where can you get help?**

**National Translating and Interpreting Service 131 450**  
Call for a free and confidential interpreter to connect you to the Coronavirus Mental Wellbeing Support Service.

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Go to [headtohealth.gov.au](https://headtohealth.gov.au) for helpful information and resources in your language, and professional support.

Looking after your Mental Health and Wellbeing  
[download](#)

**Help and support for your mental wellbeing**

The impacts of the coronavirus have made many of us feel worried, stressed or alone. You may also be concerned about family and friends overseas.

If you are finding it hard to cope with your everyday life, contact your local doctor who can advise on steps you can take.

**Where can you get help?**

**National Translating and Interpreting Service 131 450**  
Call if you need to speak to someone in a language other than English. A free and confidential interpreter can connect you to any of the phone numbers below.

- Phone Support:** Coronavirus Mental Wellbeing Support Service – trained health professionals available to support you over the phone. It is free and available 24 hours a day, 7 days a week. Call 1800 512 548.
- Suicide and Crisis Support:** For immediate support, call Lifeline on 13 11 14. Call 1800 if you or someone you know is in an emergency or at immediate risk of harm.
- Online Support and Information:** Head to Health – information, advice and a wide range of online and phone support services. Visit [headtohealth.gov.au](https://headtohealth.gov.au)
- Embassy Multicultural Mental Health – mental health information in lots of languages:** [embassymentalhealth.org.au](https://embassymentalhealth.org.au)
- HeartChat – healthchat.com.au:** a safe and welcoming site to better understand mental health and find a professional to speak to in your language.
- Beyond Blue – support for people who feel anxious, depressed or suicidal:** To find out more visit [beyondblue.org.au](https://beyondblue.org.au)
- Domestic and family violence support:** 1800 RESPECT (1800 737 732) – support for people experiencing violence and abuse.
- Fathering Across Cultures App:** support for fathers from migrant and diverse backgrounds. Visit [fatheringacrosscultures.org.au](https://fatheringacrosscultures.org.au)

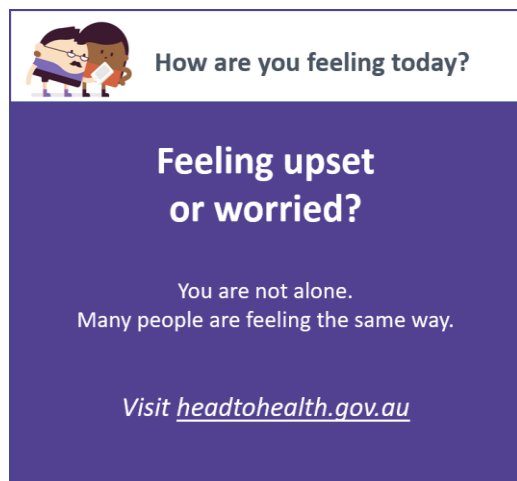
Go to [headtohealth.gov.au](https://headtohealth.gov.au) for helpful information and resources in your language, and professional support.

Where to go for help and support  
[download](#)


# MENTAL HEALTH RESOURCES

## SOCIAL MEDIA TILES

These social media tiles provide information and support to manage mental health and are available in 19 languages.



How are you feeling today?



**Feeling upset or worried?**

You are not alone.  
Many people are feeling the same way.

Visit [headtohealth.gov.au](https://www.headtohealth.gov.au)

Feeling upset or worried?  
[download](#)



How are you feeling today?



**Looking after your mental health is as important as your physical health**

Stay connected.  
Get enough sleep. Be active.

Visit [headtohealth.gov.au](https://www.headtohealth.gov.au)

Looking after your  
Mental Health  
[download](#)



How are you feeling today?



**Support is available**

Talk to your doctor or a mental health professional  
1800 512 348

Translation and Interpreting Service 131 450

Visit [headtohealth.gov.au](https://www.headtohealth.gov.au)

Support is available  
[download](#)

# HOW TO USE SOCIAL MEDIA ASSETS

Information on this page outlines how social media assets can be used.  
Follow these simple steps to upload your post:



1 Choose the resource in this stakeholder pack that you would like to download and click on the link.



2 Go to the language you would like, click the download button and the resource will save to the download folder on your device.



3 Check your download folder for the resource and move it to a personal folder or onto your desktop for easy access.



4 Open any of your social media accounts such as Facebook, Instagram, Signal or Whatsapp and upload the resource from your chosen folder.



5 You can use the information in this pack to write a post to go with the image.



## Tips...

- You can adapt the key messages to write your post in a way that is appropriate for your community.
- Deliver the message in a helpful way that encourages your community to share your post.



For further information visit

[www.health.gov.au/covid19-vaccines-languages](http://www.health.gov.au/covid19-vaccines-languages)

For further information on financial assistance visit

<https://www.servicesaustralia.gov.au/individuals/services/centrelink/covid-19-disaster-payment>

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