



CATHOLIC CARE

Accessing support - COVID-19 (Coronavirus) pandemic

In these challenging and unsettling times, many families and communities have been affected by the COVID-19 pandemic.

Some have lost jobs and are in financial crisis. Others are experiencing increased anxiety and depression due to social isolation. Meanwhile, couples and families are facing relationship issues while in prolonged lockdown.

CatholicCare is here to help.

Counselling

It is important to look after your health and wellbeing during these difficult times. Whether you are feeling stressed, overwhelmed, anxious or sad; talking to a counsellor can help.

If you are having relationship problems, we can also provide couples or family counselling.

We are offering FREE counselling via phone and video conference during the COVID crisis. You do not need a referral or a mental health care plan to access this service.

Emergency Relief

We've seen a surge in enquiries for emergency financial support since the COVID-19 pandemic, so we know that families and individuals have been hit hard.

If you need support to pay for food, rent, utility bills or other necessities, visit our Emergency Relief page below to book an over-the-phone appointment.

Visit: <https://www.ccam.org.au/>