

## Other Things To Think About

We understand this is a very difficult time for you and your families. We are here to offer the support we can and to let you know if there are any changes to the help you can get.

You may also need to think about:

- Using any personal savings you have to pay rent and bills until you can find other work. We have a letter template you can send to your landlord about your lease.
- If you have lost your job, and have some money in Super, you can apply to get money out of your Superannuation account. We can help you to understand how to do that. You can register through [www.my.gov.au](http://www.my.gov.au)
- If you have been working as a sole trader, or in the gig economy (e.g. driving Uber), or running your own business AND have your own ABN, you can register yourself on the ATO website for the new Job Keeper Payment IF you have lost 30% of your turnover due to COVID-19.
- Asking for support from family members or friends here or overseas (if they are able to help), or from your church, temple, mosque or other community contacts in Australia.
- Getting food parcels, MYKI top-ups, phone cards or emergency relief from organisations such as ASRC (through calling the number above), Red Cross, The Salvation Army, UnitingCare, Jesuit Social Services, and other services in the community, especially those close to where you live.
- Call your Local Council help-line or check their website to see what services are available in your area. Some Councils are offering special support to their residents due to COVID-19. You may need a utility bill with your name and current address on it, and photo i.d. with your name on it, to prove you live in the area.

- If you were previously on SRSS payments, you can try calling your SRSS provider (AMES or Life Without Barriers) to see what advice they can offer you.
- If you are struggling to pay rent, JusticeConnect has some useful resources to help you avoid evictions, find out more here:  
<https://apps.justiceconnect.org.au/dear-landlord/>
- If you are struggling to afford groceries and food, there are a range of food bank which you may be able to access, find out more here:  
<https://askizzy.org.au/food-banks/>
- If you are in Victoria, you can access a relief package of food and other necessities to get through 14 days by calling the coronavirus hotline: 1800 675 398.
- There is also a searchable, national list of mutual aid groups, find it here:  
<http://tiny.cc/9ibhlz>
- If you are unsure about your rights at work during this pandemic, JobWatch has released a COVID-19 Employment Rights Q&A, find out more here:  
<http://jobwatch.org.au/home/covid-19-employment-rights-qa/>
- If you think you are sick and think you might have COVID-19, you can check your symptoms with this  
tool.<https://www.healthdirect.gov.au/symptom-checker/tool/basic-details>
- If you are experiencing anxiety, depression, or suicidal thoughts, call Lifeline on 13 11 14.
- If you are experiencing sexual assault, domestic or family violence, or abuse, call the 24/7 national support line on 1800 737 732 or if you are in danger call 000.
- Empowerment Pathways Program Team: The ASRC EPP Team is implementing an Engagement & Outreach Plan to reach out as many members engaged across the Programs to provide assistance and support.

Online group activities will be implemented as members sign up for them. Members can reach out Coordinators via email:

Women's Empowerment Program [hub\\_women@asrc.org.au](mailto:hub_women@asrc.org.au),

Youth Empowerment Program & Community Engagement and Development

Program: [hub\\_youth@asrc.org.au](mailto:hub_youth@asrc.org.au),

Male Members Program: [Hub\\_admin@asrc.org.au](mailto:Hub_admin@asrc.org.au)

