

WHO TO CONTACT

Below are a range of free and confidential services from different organisations. Language support & interpreting services are available through TIS. Clickable links are available.



I need help to understand my rights at work or legal advice during COVID-19



I need help with my workplace rights such as pay, leave or losing my job

For advice on your workplace rights, including pay and leave, you can visit the Fair Work Ombudsman [website here](#) or call 13 13 94.

For help in your language visit the [website here](#)
For employment rights and the law visit JobWatch [website here](#) or call 03 9662 1933



I am worried about my health & safety at work

Contact your employer or your Health & Safety Representative. You can also contact WorkSafe Victoria on 1800 136 089 or visit the [website here](#). Find translated [resources here](#)



I need to stay home because of COVID-19. Can I leave my home in an emergency?

You can leave your home if the health & safety of you or someone you live with is at risk. Visit coronavirus.vic.gov.au/translations for more info



I need help or advice with a legal problem

For information about your legal rights and immigration visit Victoria Legal Aid: [website here](#) or call 1300 792 387. For legal assistance for refugees, migrants and people seeking asylum visit the refugee legal [website here](#) or call 03 94130100



I am a migrant worker, visa holder or an international student & I need help with my workplace rights. For advice visit the Migrant Workers Centre [website here](#) or call 03 9659 3516. You can also visit the Fair Work [website here](#)



For language support contact free Translation & Interpreting Service (TIS)

- 1 Dial TIS National on 131 450
- 2 Say your language e.g. Mandarin and wait to be connected with an interpreter
- 3 When connected with an interpreter, say your name, the organisation you want to speak with and their contact number
- 4 Wait to be connected to the organisation

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I need to take a COVID-19 test but I have no sick leave or cannot afford to take time off

You may be eligible for a once off test isolation payment. Visit coronavirus.vic.gov.au/translations or call 1800 675 398 for support to apply



I am a temporary or provisional visa holder or I am undocumented. I need financial help

You may be eligible for payments through the Extreme Hardship Support Program. Visit the Red Cross [website here](#) or call Brotherhood of St Laurence on 9422 5650



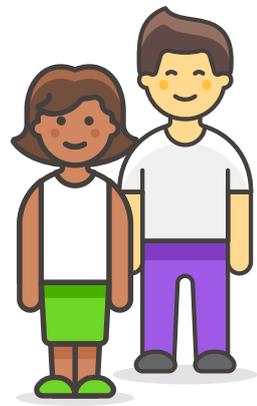
I want to talk to someone about my feelings

If you need to talk to someone about your mental wellbeing, you can call the Coronavirus Mental Wellbeing Support Service on 1800 512 348 or visit the Beyond Blue [website here](#). You can also talk to your doctor or visit the Lifeline [website here](#) or call 13 11 14



COVID-19 Information visit coronavirus.vic.gov.au/translations or call the COVID-19 hotline 1800 675 398. Dial 0 first for an interpreter. For translated information visit the coronavirus.vic.gov.au/translations

I need free assistance with my finances, food, housing or emotional health during COVID-19



I have lost my job or income and need help

For financial assistance and help finding work visit Victoria Government coronavirus.vic.gov.au/translations



I don't have an income due to isolation or caring for someone with COVID-19

You may be eligible for the Pandemic Leave Disaster Payment or Worker Support Payment. Visit Services Australia [website here](#) or call Services Australia on 180 22 66



I need help with food, housing or clothing

For access to support visit Victorian Multicultural Commission [website here](#). For students visit the Study Melbourne [website here](#)

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