

Community Fact Sheet (COVID19)

With the aim to help the Armenian community the Armenian Resource Centre Australia (ARCA) has developed this fact sheet.

1. Supplement from Centrelink, are you eligible and when does it start?
2. Banks freezing home loans.
3. Mental health and wellbeing (Lifeline / Beyondblue)
4. Support to the community - links

1. Supplement from Centrelink, are you eligible and when does it start?

The Coronavirus Supplement is a \$550 per fortnight top-up payment for people on welfare. Services Australia will automatically pay eligible recipients the supplement each fortnight.

It goes to anyone receiving:

- JobSeeker Payment (formerly known as the Newstart Allowance)
- Sickness Allowance
- Youth Allowance for jobseekers
- Parenting Payment Partnered
- Parenting Payment Single
- Partner Allowance
- Farm Household Allowance
- Youth Allowance students and apprentices
- Small business owners and casual workers whose livelihood has been affected by coronavirus can also access the Coronavirus Supplement.

To be eligible you must be earning less than \$1,075 a fortnight. Payments will **begin on April 27** and will be available for at least six months.

2. Banks freezing home loans.

The big four banks have all announced that their customers will be able to pause mortgage payments. Some banks explicitly state only customers affected by coronavirus will be eligible to pause their repayments.

But whether you need to provide proof (such as a doctor's note or severance form) to verify you have been affected by coronavirus depends on which bank you're with.

3. Mental health and wellbeing (Lifeline / Beyondblue)

The outbreak of the coronavirus COVID-19 has impacted people in varying ways, it is understandable that during times like this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

While it is important to stay informed, the following are some mental health and wellbeing tips to continue looking after ourselves and each other during these difficult times contact the following professional services for your mental health:

- Lifeline - Phone: 13 11 14 (24 hours/7 days)
<https://www.lifeline.org.au>



- Beyond Blue Support Service - 1300 22 4636
<https://www.beyondblue.org.au>

4. Support to the community - links

- Affected by Coronavirus - ARCA
- How to register your intention to claim a Centrelink payment - ARCA
- If you need a payment – ARCA
- Older Australians -ARCA
- People with disability - ARCA
- Carers – ARCA
- Centrelink job seeker payment instruction -ARCA
- Families – ARCA
- Students and trainees - ARCA