**What community supports can I access – transcript**

It is important to look after yourself during this time and continue to get the support you need from friends, family and support agencies.

If you need help or support, you can contact the following organisations for 24 hour assistance:

* For respite support, contact your nearest Commonwealth Respite and Carelink Centre on 1800 052 222.
* For emergency respite support outside standard business hours, you can call your nearest centre on 1800 059 059.
* If you need counselling and support, call Lifeline on 13 11 14 or Beyond Blue on 1300 224 636.

The Carer Australia website provides many resources including information about:

* caring for yourself;
* getting groceries; and
* additional financial assistance.

Parents of children with NDIS plans can keep up to date with the latest information through the NDIS website and via Facebook and Twitter.

A range of community services, including disability supports to support with mental health and wellbeing, is available to help you and your child.

A list of organisations that can provide you with advivce and supports for yourself and child are available on the learning@home – Inclusion website at: <https://education.qld.gov.au/curriculum/learning-at-home>