

Please add mutual aid groups, websites, google docs, flyers/posters, donation links, articles and other resources.

- [Covid briefer](#) with up-to-date information.
- Prepping & Survival
 - [Just Stay: A Simple Self Isolation Plan](#)
 - [An Anarchist's Guide to Surviving Coronavirus COVID-19 a.k.a. 2019-nCoV](#)
 - [Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#)
 - [Quarantine resources for parents & caregivers](#)
- Facebook Groups:
 - [COVID-19 Inner West Mutual Aid](#)
 - [Need support?](#)
 - [Want to offer support?](#)
 - Call/text 0480 032 042 or email covid19innerwestsydney@gmail.com
 - [Love in a Time of COVID Sydney](#)
 - [Disability and Chronic Illness COVID-19 Information Clearinghouse Australia](#)
 - [I Can Help - Kindness in Action](#)
 - [Sydney Covid-19 Mutual Aid Network](#)
 - [Viral Kindness Inner West](#)
- Website Resources:
 - [Crisis App - Directory of resources or services you need in an emergency, or where and how you can help.](#)
 - [Australian Progress Pandemic Resources.](#)
 - [Resources for People Who Use Drugs and Harm Reduction Programs.](#)
 - [Policy guide to pandemics](#) from Institute of Community Directors Australia.
 - [Department of Health resources on COVID-19](#): (FAQ, posters, cleaning guides, etc)
 - [CDC handwashing resources](#)
 - [COVID-19: Common questions and Community Care for the Vulnerable](#)
- Tenants:
 - Qld: <https://tenantsqld.org.au>
 - Vic: <https://tenantsvic.org.au>
 - WA: <http://tenancywa.org.au>
 - NT: <https://dcls.org.au/tenants-advice/>
 - Tas: <http://tutas.org.au>
 - SA: <https://syc.net.au/home/housing-support/tias/...>
 - ACT: <http://legalaiddact.org.au/tasact>
 - NSW: <http://tenants.org.au>
- Google docs:
 - [Street Facebook Group Builder Template.](#)
 - [Pod Mapping for Mutual Aid.](#)
- Flyers/posters:
 - [Neighbourhood Outreach Flyer \(PDF\).](#)
 - [Neighbourhood Outreach Flyer Template \(Canva\).](#)
- Donations:
 - [Addison Road Food Pantry.](#)

- Articles:
 - [How Organisers Can Adapt to a World With Social Distancing](#).
 - [Finding a Way Through the Mess by Nicola Paris \(with resources listed at the end\)](#).
 - [Coronavirus and community activism](#) - the Ecologist.
 - [What is Social Distancing?](#)
- Vulnerable Population Groups
 - LGBTIQ+
 - [Making Sense of Covid-19 LGBTQ and HIV Communities](#) - Australian Federation of AIDS Organisations
 - [LGBTQ People Especially at Risk for COVID-19](#)
 - [Coronavirus info for LGBTIQ communities and people living with HIV](#) - ACON
 - People with disabilities
 - COVID [Facebook group](#).
 - [Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#)
 - Migrant populations
 - [Immigrant Justice Accompaniment Skill-Share--Covid-19/Coronavirus Resources](#) (information in languages other than English!)
 - [Symptom guide graphic in different languages](#)
 - [Covid-19 resources in community languages](#)
- Petitions:
 - [Sign this petition](#) for Australian workers to be guaranteed income.
- Mutual Aid General Resources:
 - [Big Door Brigade Mutual Aid Toolbox](#)
 - [Twitter thread on mutual aid](#).
 - [Template: Community/Family Invitation to Form Mutual Aid Group](#)
 - [Form Letter: A Neighborly Invitation Regarding Coronavirus](#)
 - [Disabled Prepper Tips for Preparing for a Coronavirus Quarantine](#)
 - [Immigrant Justice Accompaniment Skill-Share--Covid-19/Coronavirus Resources](#)
 - [Mutual Aid and Survival \(folder of resources for mutual aid and survival tips\)](#).
 - [Mutual Aid Disaster Relief Medic Group--COVID Info: When Every Community Is Ground Zero: Pulling Each Other Through a Pandemic](#)
 - [COVID-19 MUTUAL AID & ADVOCACY RESOURCES - Shared](#) - master list
 - [Leading Groups Online](#) - excellent facilitation/webinar resource
- Mental Health and Wellbeing
 - How to Access [Bulk-Billed COVID-19 Telehealth Psychology Sessions](#)
 - Black Dog Institute - [Self-care planning during COVID-19](#)
 - Australian Psychological Society - [Coping with COVID-19 Anxiety](#)
 - Acceptance and Commitment Therapy (ACT) approach to [FACE COVID](#)
 - [How to talk to your children about COVID-19](#)
 - [SANE Forums](#): saneforums.org - 18+ complex mental health issues (eg complex trauma/PTSD, EDs, BPD, Bipolar, schizophrenia spectrum issues, severe depression/anxiety, OCD etc and their friends, families & carers)
 - [ReachOut Forums](#): - 14-25 year olds, targets young people experiencing early signs & symptoms but anyone is welcome.
 - [ReachOut Parents](#): parents of 12-18 year olds with mental health concerns.

- [The Digital Concert Hall now free for everyone - Berlin Phil](#)
- [Free streaming of Operas](#) by OperaWire.
- [QLife Australia](#) - For LGBTIQ+ folks and their communities. Open 3pm-midnight. 1800 184 527 or <https://qlife.org.au/>
- Resources for Parents and Caregivers:
 - [Twinkl](#) is a database of teacher's resources and activities, and it's free at the moment for teachers and parents due to COVID. Offer code is AUSTRCODE.
 - [Coronavirus \(COVID-19\) in Australia](#)
 - [Collates list of resources for distance learning/homeschooling](#)
- Overseas examples:
 - [How to Neighborhood Pod](#) (Via [Instagram](#))
 - [Some thoughtful asks from progressives in the UK](#).
 - [Coronavirus planning from a co-op \(U.S\) — The Hearth](#)
 - [List of U.S initiatives](#).
 - [Templates and examples of mutual aid from overseas](#).
 - [Colour code initiative](#).

For mutual aid groups across the country see:

<https://docs.google.com/spreadsheets/u/0/d/1J7bjl-2bD4zpvpQM3v1QB9dlbbUgPErnn-JjBq4NrNs/htmlview?fbclid=IwAR0dHhnBG7EBLolwrvtXgOf9nrJyRpXsGCyChPzP9VlCHOQm4C1BYMHbHuc#>