

A photograph of a woman with blonde hair hugging a man from behind. She is looking off to the side with a thoughtful expression. The man is wearing a light blue shirt. The woman is wearing a striped shirt. The background is blurred, suggesting an indoor setting.

**Don't put
your health
on hold,
we are here
to help.**



In these challenging times it is more important than ever to look after yourself. We are here to help.

We understand it may be more difficult to get medical care and treatment at the moment but please try to keep regular appointments to support your recovery.

If you're worried about getting treatment, or you are not able to book appointments, please give your TAC contact a call. We are here to help and talk through your options to ensure you can get the treatments and services you need.

Health services at home

Many of our clients are now using telehealth to have their health and medical appointments by video or phone call from home. We can pay for these appointments to make sure you can still get the support you need.

Ask your GP or health provider if telehealth is an option for you or visit tac.vic.gov.au/covid for more information.

Mental health support

If you or someone in your family is feeling low and struggling to cope there is help available 24/7 through Beyond Blue. Visit beyondblue.org.au or call 1800 512 348.