



QLIFE COVID-19 STATEMENT & RESOURCES INFOSHEET

The COVID-19 pandemic has disproportionately affected those who are marginalised, including LGBTIQ+ people. QLife recognises the resilience and strength of LGBTIQ+ people, and the histories of surviving adversity and peer support which the community holds. COVID-19 continues to pose a significant medical risk, while the ongoing effects of the pandemic simultaneously continue to impact various aspects of wellbeing, including financial security, social connectedness, mental health, and access to resources.

A report from [Equality Australia](#) (April, 2020) details some of the unique ways in which LGBTIQ+ people are affected, including:

- Health disparities which put some LGBTIQ+ people at greater risk of severe health consequences from contracting COVID-19;
- Mental health disparities, particular in rates of depression and suicide, which place LGBTIQ+ people at significant risk when faced with physical distancing measures and greater isolation, a sudden loss of community support and cultural spaces, barriers to finding comfort and connection with our chosen families, and the possibility for some of living in unsafe or unsupportive environments; and

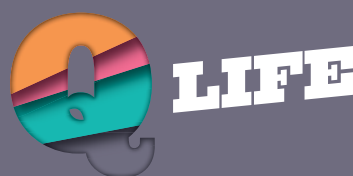


QLife is available to provide free peer support and referral regarding sexuality, gender, bodies and relationships, and recognise that the COVID-19 pandemic impacts upon these facets of our lives.

Call 1800 184 527
Chat online at qlife.org.au

- Historical and continuing experiences of discrimination which makes accessing inclusive healthcare, support, services and information, and interacting with law enforcement, more challenging, while LGBTIQ+ organisations are themselves insufficiently supported to meet increased demand for their services.

QLife recognises the varied and unique ways in which LGBTIQ+ people have been and continue to be impacted by COVID-19. Given the ever-changing nature of state-based guidance, rules, legislation, and access points to support, we advise people to utilise the state-based supports listed on the next page.



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OFFICIAL STATE COVID-19 INFORMATION WEBSITES

- [COVID-19 ACT](#)
- [COVID-19 NSW](#)
- [COVID-19 NT](#)
- [COVID-19 Qld](#)
- [COVID-19 SA](#)
- [COVID-19 Tas](#)
- [COVID-19 Victoria](#)
- [COVID-19 WA](#)

GENERAL MENTAL HEALTH COVID-19 RESOURCES & SERVICES

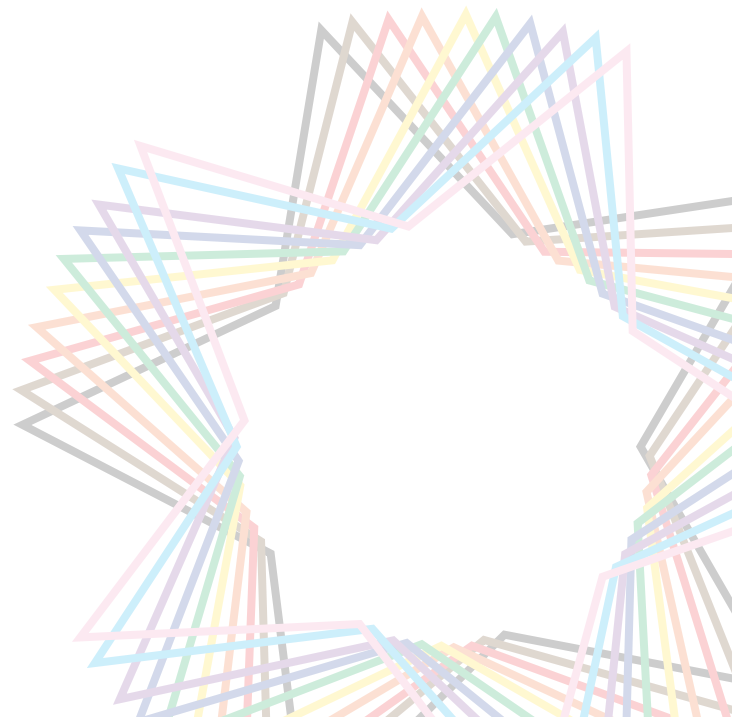
The following are general resources related to COVID-19:

- [Head to Health COVID-19 Information and support resources](#)
- [Black Dog Institute COVID-19 Resources for Anxiety & Stress](#)
- [Australian Psychological Society Tips for coping with coronavirus anxiety](#)
- [Beyond Blue Coronavirus Mental wellbeing support service](#)
- [This Way Up Practical tools for mental health](#)
- [Butterfly Foundation/Eating Disorders COVID Help Hub](#)

LGBTIQ+ SERVICES & RESOURCES DIRECTORY

Here are Australian and state-based LGBTIQ+ resources and services that are related to COVID-19:

- [Switchboard VIC COVID-19 support and resources](#)
- [Twenty10 NSW COVID-19 Statement & List of support resources for LGBTIQ+ young people](#)
- [Intersex Human Rights Australia Intersex People and COVID-19](#)
- [Equality Australia LGBTIQ+ Communities and COVID-19](#)
- [Equality Australia LGBTIQ+ services directory](#)
- [ACON Health Trans and Gender Diverse People and COVID-19](#)
- [Australian GLBT Multicultural Council GLBTIQ Multicultural Directory](#)



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