

# COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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## THEME

The theme in the ToolKit this week is talking about suicide and asking 'Are you ok?' every day to check in with our friends and family. Please email content or feedback to [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

## Sunday 13 September 2020

Positive Life NSW COVID-19 Toolkit is a weekly update of practical resources, tools and strategies for people living with HIV in NSW, our supporters and associates who are affected by HIV, as well those who work in the NSW HIV sector.

## POSITIVE LIFE NSW COVID-19 RESPONSE

**SOCIAL SUPPORT GROUP:** Peers Connect Online! welcomes all people living with HIV (PLHIV) in NSW regardless of gender or sexuality. RSVP Essential. / [Thurs 17 September, 6pm-7.30pm AEST, Positive Life NSW](#)

**NEWS BLOG:** Asking about suicide on RU OK? Day. Positive Life's Treatment Officer shares some of his strategies and thoughts when asking 'RU OK?' / [Positive Life NSW](#)

**CO-DESIGNED NEEDS ASSESSMENT:** Calling all NSW-based Aboriginal and Torres Strait Islander mob living with HIV or at risk of HIV. Let's have a yarn about HIV! Call Michelle on (02) 9206 2177 or 1800 245 677 (freecall) or [contact@positivelife.org.au](mailto:contact@positivelife.org.au) / [Aboriginal & Torres Strait Islander Health, Positive Life NSW](#)



## HEALTH

**If you have severe difficulty breathing call triple zero (000) immediately.**

**National COVID-19 Triage Hotline 1800 020 080**

**ONLINE RESOURCE:** Coronavirus (COVID-19) Symptom Checker. / [HealthDirect](#)

**ONLINE RESOURCE:** News and information about Coronavirus (COVID-19) in your language. / [SBS](#)

**#COVID19 UPDATES:** Latest Coronavirus (COVID-19) updates and health statistics. / [NSW Health](#)

**TESTING:** Find your nearest testing centre in NSW. / [NSW Government](#)

**NEW RESTRICTIONS:** Queensland-NSW border restrictions. Read more about [entering Queensland for essential health care](#), check your eligibility and what quarantine conditions may apply using our [self-assessment checklist](#).

**NEW NEWS:** Leading psychiatrist and former Australian of the Year Patrick McGorry says there's been an upswing in mental health cases, and their severity, since the virus hit Australia in March. / [The Rural](#)

**NEW MEDICINE:** Vitamin D in aged care could help fight COVID: Institute of Integrative Medicine/ [Agedcare Insite](#)

**NEW NEWS:** NSW's digital health lessons from the pandemic / [Healthcare IT](#)

**NEW NEWS:** Australians will get free access to a COVID-19 vaccine in 2021 under a \$1.7 billion agreement between government and pharmaceutical companies. / [Agedcare Insite](#)

**NEW MENTAL HEALTH:** Read about what you can do to look after your mental wellbeing and look out for those around you. / [NSW Government](#)

**NEW REPORT:** Creating a mentally healthier world. Mental Health Ramifications of COVID-19: The Australian context. / [Black Dog Institute](#)

**NEW MEDIA RELEASE:** Aboriginal Community Controlled Health Organisations provide comprehensive community-led solutions to deal with Suicide Prevention. / [NACCHO](#)

**NEW NEWS:** Specialised pandemic training has been delivered to over 50,000 Aboriginal and Torres Strait Islander health workers and practitioners in remote communities. / [National Indigenous Times](#)

### NSW HIV SECTOR SERVICES INFORMATION

What's available, opening times and access options for people living with HIV and HIV sector personnel.

[Are your service details up-to-date?](#)



## NEWSLETTER SURVEY

**A big thanks to everyone who responded to the recent COVID-19 ToolKit Newsletter Survey.**

The majority of responses to the ToolKit were very positive. Based on survey responses, 77.27% of respondents indicated the newsletter should continue, while 86.36% of respondents indicated they preferred a PDF format. 63.64% of respondents also indicated they read the theme-related section of the newsletter.

In line with your survey responses, we will make the following changes to this newsletter.

- Move from a weekly publication to fortnightly publication
- Brief 'teaser' text in this content will be increased from 12pt to 14pt for ease of reading
- Content will be restructured in line with sections that attracted the most readership notably, the Health-related section, Culture, Art, Opinion/News and Sector support
- Content that attracted the least interest (financials, training and employment, housing and accommodation) will be grouped together under a new section Living and Learning.

The next ToolKit Newsletter is scheduled to be published on **Friday 25 September**.

Positive Life NSW

## RESPONDENTS SAID...

"I found myself looking forward to the Toolkit A- For trusted accurate non-sensational COVID-19 Info that was relevant to me as an HIV+ person B - For Info on support for both physical and mental Health that was relevant. C - For info on a lighter and more cultural vein to see us through the ever changing restrictions."

"I like the positive life news letter, It keeps me in touch with friends despite the virus. thank you"

"I think it's brilliant Comprehensive and current"

"make it easy read"

"Very informative with good selection of topics as not all would interest everyone."

"maybe shorten it as it has got very large. But it is a very good resource"

"I feel it's more city pointed we in the country don't get a lot of benefits."

"Good big headings, Small one or two lines underneath with a click option to read the full article etc online. However your current publication is very useful and of a very high standard. Thank you."

"Perhaps more online groups that I can connect to, just feels like I'm too far away"

"I think the format is easy to read, and skim for what I am interested to read. This is an important way to present information. Thanks."



## REACH OUT AND ASK 'ARE YOU OK?'

**NEW WATCH:** 10 September is the annual day when we remind ourselves to make time every day to check in with friends and ask 'Are you ok?' But what do you say if you hear – no I'm not? / [RU OK Interactive Street Panel](#)



**NEW WATCH:** I had a black dog. His name was depression. / [Youtube](#)



**NEW WATCH:** Shane's story. / [BeyondBlue](#)



**NEW WATCH:** Actor Garry Macdonald's story. / [BeyondBlue](#)

**NEW OPINION:** 'Everyone to it. / [The Guardian](#)

**NEW WATCH:** 'We need to talk about suicide' On World Suicide Prevention Day, here are the stories of three people who came close to suicide, but decided they wanted to live. / [BBC](#)

**NEW WATCH:** If Only I Knew... Benjamin Law writes a letter to his younger self. / [ABC & iView](#)

**NEW GUIDE:** Our words matter. How we talk about mental health affects whether people feel safe speaking up or getting help. / [Huffington Post](#)

**NEW WATCH:** More Australians die from suicide than on our roads, but it's hardly ever talked about publicly. Insight takes a powerful look at how Australia is talking about suicide and whether it is working. / [SBS Insight](#)

**NEW OPINION:** How "COVID fatigue" clouds judgment and endangers public health. / [AXIOS](#)

**NEW WATCH:** Adam Hills chats to Katherine Newton, CEO of RU OK?, about mental health and wellbeing during the coronavirus pandemic. / [Mental Health Australia](#)

**NEW BLOG:** When the pic doesn't match the profile. For too long we have shied away from suicide and self-delivery, because we were unsure what to do. Offer support and ask how you can help. / [Positive Life NSW](#)

## COMMUNITY SUPPORT

**SEX WORKERS:** Guidelines, harm reduction tips and strategies by & for sex workers. / [Red Book, Scarlett Alliance](#)

**SEX WORKERS:** COVID-19 news, updates & resources for sex workers in NSW. / [SWOP NSW](#)

**SUPPORT:** Who you gonna call? a range of helplines and supports collected especially for people living with HIV during the COVID-19 crisis. / [Positive Life NSW](#)

**NEW STATEMENT:** Gayaa Dhuwi (Proud Spirit) Australia (GDPSA) have been asked by the Australian Government to renew the 2013 National Aboriginal and Torres Strait Islander Suicide Prevention Strategy (NATSISPS) in consultation with stakeholders and community members. / [Gayaa Dhuwi \(Proud Spirit\) Australia](#)

**NEW VIRTUAL GARDEN:** Open 24 hours, anytime, anywhere. A garden of remembrance, a garden of reflection. / [Lifeline - Out of the Shadows](#)

**No equipment?  
No worries!**



**Mail order NSP available NOW**

If you're self isolated or quarantined and need injecting equipment, don't put yourself at risk by reusing or sharing equipment. Instead, contact NUAA — we will mail you out however much you need of all sorts of injecting equipment (including speciality gear like wheel filters). Visit our website for more info about how COVID-19 might affect you as a person who uses drugs.



Ph: (02) 8354 7300 or freecall 1800 644 413 | visit [nuaa.org.au](http://nuaa.org.au)

## SOCIAL SUPPORT

**SOCIAL SUPPORT GROUP:** Peers Connect Online! welcomes all people living with HIV (PLHIV) in NSW regardless of gender or sexuality. RSVP Essential. / [Thurs 17 September, 6pm-7.30pm AEST, Positive Life NSW](#)

**SUPPORT:** Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide. Call 1300 659 467 or [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**NEW SURVEY:** Have your say on an inclusive and accessible city for people with disability, people with mental health conditions, and carers. / [City of Sydney](#)

**NEW SURVEY:** Recently diagnosed with HIV (since 2016)? Speak English as a second language? The [@KirbyInstitute](#) is looking for participants to interview as part of their RISE Study. To get involved, please contact Brent at [bcclifton@kirby.unsw.edu.au](mailto:bcclifton@kirby.unsw.edu.au)

**NEW REPORT:** August2020 Survey: Mental health and relationships. / [Relationships Australia Monthly Website Survey](#)

**SURVEY:** How are you living with COVID-19 restrictions in Australia. / [Monash University](#)

**OPINION:** How we can improve mental health services for CALD communities and young people. Sammy Huynh reflects on the gaps she sees for CALD communities and young people as a young social worker. / [ProBono News](#)

## FOOD FOR THOUGHT @ COVID19

**WATCH:** Lest We Forget. An Australian perspective on the Spanish flu of 1919 and the parallels to COVID-19. What lessons can we learn from the past from these remarkable stories of quiet courage and heroism from ordinary Australians? / [ABC Australian Story](#)

**NEW SPEECH:** Advancing rights and justice during a pandemic. / [Ben Gauntlett, Disability Discrimination Commissioner](#)

**NEW PODCAST:** How a 135-year-old law lets India shutdown the internet. India has imposed hundreds of internet blackouts in different parts of the country over the past few years. / [MIT Technology Review](#)

**NEW OPINION:** Generation work-from-home may never recover. The social and economic costs borne by young people without offices. / [The Atlantic](#)

**NEW TECH:** Kids used to love screen time. Then schools made Zoom mandatory all day long. / [The Washington Post](#)

**NEW WORLD NEWS:** Proposed COVID-19 testing strategy faces pitfalls. The goal is to find infectious, not just infected, COVID-19 patients. / [The Verge](#)

**NEW HEALTH:** Evidence slowly building for long-term heart problems post-COVID-19. While there are anecdotes aplenty, there's also some solid science behind the worries. / [Ars Technica](#)

**NEW OPINION:** Boosted by the pandemic, telehealth may be the future of medicine. / [The Big Smoke](#)

**NEW NEWS:** COVID cans Tamworth Country Music Festival. Australia's famous Tamworth Country Music Festival will not be held in 2021 due to COVID-19 concerns. / [The Rural](#)

**NEW EVENT:** Ironman Australia triathlon to go ahead on Sunshine Coast this weekend under COVID-safe rules. / [ABC News](#)

**NEW OPINION:** What a smoky bar can teach us about the '6-foot rule' during the COVID-19 pandemic. / [The Conversation](#)

**NEW PHOTOGRAPHS:** COVID in ten photos. We are still in the early days of this pandemic. Here are some of the photos that captured the impact of COVID-19 in Australia. / [The Conversation](#)

**NEW STUDY:** How the coronavirus attacks the brain. The pathogen may enter brain cells, causing symptoms like delirium and confusion. / [New York Times](#)

### POSITIVE LIFE NSW TREATMENTS SUPPORT

For HIV medication questions and support, including COVID-19 concerns, call (02) 9206-2177 or 1800 245 677 (freecall outside metro) Mon-Thurs or email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

Want to talk about your HIV and health?

Contact a Positive Life Treatments Officer  
02 9206 2177 or 1800 245 677 (freecall)

PositiveLifeNSW  
the voice of people with HIV since 1988

## CULTURE / ART / BOOKS

**TECH:** Digital gardens let you cultivate your own little bit of the internet. A growing number of people are creating individualized, creative sites that eschew the one-size-fits-all look and feel of social media. / [MIT Technology Review](#)

**NEW FREE WEBINAR:** Intro to Improv - You Are a Storyteller. Fire up your creativity neurons, play imaginative games, relieve stress, and tell stories! / [Weds 16 September, 10.30am to 12noon AEST.](#)

**NEW FREE EXHIBITION:** A response to the lockdown in 2020. / [Thurs 10 Sept to Weds 16 Sept, 11am to 6pm. 112 Glebe Point Rd, Glebe NSW.](#)

**NEW FREE ONLINE EVENT:** Sydney Living Museums is delighted to launch an exciting new online program, House Music at Your House, inspired by the sheet music collection at Rouse Hill Estate. / [Thurs 10 Sept to Thurs 31 Dec.](#)

**NEW FREE ONLINE EVENT:** My Trans Story (Premiere): From the personal to the political My Trans Story features proud trans and gender diverse storytellers celebrating their complex, sometimes funny, often fearless, always fierce histories. / [Sun, 13 Sept 4pm AEST](#)

**NEW ONLINE EVENT:** Queerscreen Film Festival is embracing the new normal, with most of the fest online to stream on your telly, laptop, iPad or phone from September 17-27. Single tickets are \$12, or \$10 for Queer Screen members, or you can grab a bunch of multi-passes. / [Queerscreen Film Festival](#)

**NEW ONLINE EVENT:** Sydney Underground Film Festival with 2020 goes virtual and worldwide in its 14th year streaming to viewers' homes for the first time. A festival of more than 100 short films, with curated sessions of shorts costing \$10 a pop to watch online, or \$55 for a complete season pass. / [Sydney Underground Film Festival](#)

**NEW FREE ONLINE EVENT:** one of Australia's best cabaret artists, Tim Draxl will take to the digital stage in a very special one-off performance. / [ON-DEMAND](#)

**PERFORMANCE:** BalletBoyz are a critically acclaimed contemporary dance company based in London celebrating their 20th anniversary with a brand-new show from the cutting edge of modern ballet. / [On demand, Sydney Opera House](#)

**NEW FREE ONLINE EVENT:** Captivating and electric, join the goddess of cabaret as he fills the hauntingly empty Joan Sutherland Theatre, streaming straight to your living rooms. Paul Capsis (Live) / [ON-DEMAND](#)

**PERFORMANCES:** Where to watch cultural events online. Not even lockdown can stop culture connoisseurs from enjoying world-class performances. / [Amexessentials Blog](#)

**NEW FREE ONLINE EVENT:** A unique live music series with performances from Glen Hansard, José González, Hiatus Kaiyote, Conor Oberst, Nai Palm and Poliça. / [ON-DEMAND](#)

**NEW FREE ONLINE EVENT:** Head of Contemporary Music, Ben Marshall, chooses 10 of his favourite music videos captured from under the Opera House sails. / [ON-DEMAND](#)



## LIVING & LEARNING

**FREE WEBINAR:** Online smart phones and tablets with IT specialist Leo from the City of Sydney. / [Mon, 3 Aug to 28 Sept, 10 to 12noon AEST](#)

**FREE WEBINAR:** Online life internet skills classes with IT specialist Leo from the City of Sydney. / [Tues 28 July to 29 Sept, 10am to 12pm AEST](#)

**ART:** Entries are now open for Art from Trash 2020, which is an exhibition organised by The Bower Reuse and Repair Centre that encourages the reuse of discarded materials in the production of amazing visual art. / [The Bower Reuse and Repair Centre](#)

**WEBINAR:** Adobe Photoshop online classes. Adult \$20/Conc \$10 from the City of Sydney. / [Weds 16 Sept 10am to 3pm;](#)  
[Tues 29 Sept 10am to 3pm](#)

**FREE WEBINAR:** Building Resilience in Your Career. In modern workplaces characterised by staff cutbacks, deadlines, rivalry and constant organisational changes, your success relies on a capacity to cope and even thrive when faced with stress and duress. / [Fri 18 Sept, 1pm to 2pm AEST](#)

**NEWS REPORT:** The Tenants Union NSW have released a report on the impact of COVID-19 for NSW renters: "Supporting Renters Through the Pandemic". It draws on reporting data from local Tenants Advice Services across NSW, and demonstrates the struggle many renters are facing. / [Tenants Union NSW](#)

**FREE WORKSHOP:** Learn about food waste; how food waste happens, meal planning, and food in times of Coronavirus. How to make 'no waste' an easy habit by creating shopping lists and loving your leftovers, and create your own bespoke meal plan by working out your meal planning personality. / [Monday 21 Sept, 6pm to 7.10pm AEST, City of Parramatta](#)

**FREE WEBINAR:** Climate change and the post-COVID world. [Mon 28 September, 12.30pm to 1.30pm AEST](#)

**ONLINE FILM CLUB:** Join the Wentworth Point Community Centre & Library Film Club every fortnight on Zoom to talk about a film selected from Beamafilm with your City of Parramatta Libraries membership card. / [Thurs \(fortnightly\), 30 July-24 Sept, 6.30pm-7.15pm AEST](#)

**NEWS GUIDE:** COVID-19 Financial Survival. The COVID-19 pandemic is a challenging time for everyone in Australia (and the world). Steps to take and where to find support. / [National Debt Helpline](#)

### POSITIVE LIFE NSW AGEING SUPPORT

To find out more, call (02) 9206-2177 or 1800 245 677 (freecall outside metro) or email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



Positive Life NSW | Ageing Support

Supporting people living with HIV aged over 45, through the maze of aged care, disability, and healthcare services in NSW.



## SECTOR SUPPORT

**RACISM:** The 'Let's Talk Race' guide is designed to assist organisations to conduct meaningful and productive conversations about racism. / [Australian Human Rights Commission](#)

**ONLINE RESOURCE:** Embrace Multicultural Mental Health is a free, nationally available framework which supports organisations and individual practitioners to evaluate and enhance their cultural responsiveness. / [Mental Health Australia](#)

**FREE WEBINAR:** Utilising your organisation's channels to planning and mapping your big picture projects into defined and well-managed goals. / [Thurs 24 Sept, 11am to 12.15pm AEST](#)

**REPORT** Settlement Services International has found that community leaders and representatives of grassroots associations are a vital asset serving as ambassadors in keeping newcomers and other diverse communities COVID-19 safe and are stepping up in community-led and peer-to-peer ways. / [Settlement Services International](#)

**NEWS AWARDS:** [2020 Levinia Crooks Emerging Leader Award Nominations](#) are Open: Know someone in the HIV and STI sector who is an emerging leader and should be recognised? Nominations are now open for the 2020 Levinia Crooks Emerging Leader Awards! / [ASHM](#)

## SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



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We acknowledge the traditional custodians of this land that we live and work on, and recognise, respect and value the deep and continuing connection of Aboriginal and Torres Strait Islander people to land, community and culture. We pay our respects to Elders, Past, Present and Future.

Positive Life NSW  
The voice of all people living with HIV