

# Connecting Through Covid19+

## TELEHEALTH SERVICE

<b>GROUP:</b>	Monday, Wednesday and Friday	11.00am– 12.00pm
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This telehealth service is open to anyone who has received a positive diagnosis for Covid19 who is currently receiving or has received recently from the South East Sydney Local Health District Covid19 Telephone Assessment Teams (CTAC). This telehealth service can be provided either-

- One on one via the phone
- Or via an online discussion group via Telehealth platform, PEXIP.

Evidence shows connecting with others who are going through similar experiences can support wellbeing during difficult times. In the online discussion group we can help participants to connect to others who have received a positive diagnosis of Covid19, as well as hear about challenges with coping with Covid19 at home. Participants can also share and learn helpful strategies on how to cope with quarantine and manage anxiety.

**To participate in this Telehealth service, you will need one of the following:**

- o A working phone with good reception
- o Or for the online group-
  - A desktop computer or laptop with Google Chrome, or
  - An iPad or tablet with Google Chrome, or
  - A smart mobile phone with data, or

To participate in video calls, the device should have a camera, a microphone and speakers.

**GROUP OUTCOMES | Participants will...**

- o Participants will be provided with relevant information to help them manage coping at home, and with any other relevant challenges.
- o Participants will be provided with the opportunity to connect with other people who have received a diagnosis of Covid19.
- o Participants will have the choice to share their experiences and challenges with coping with Covid19, isolation, quarantine and other relevant topics.

For referrals email to: [Leonie.Dunn@health.nsw.gov.au](mailto:Leonie.Dunn@health.nsw.gov.au) or Phone: 0417 797 605

For CTAC or Self-Referral, please provide the following information -

- Full Name, MRN (if known), DOB, best phone contact
- Whether the participant would prefer one on one phone support, or online group.