



# Self Help Resources

## COVID-19 Assistance

### Online Resources

Moneysmart	<a href="https://moneysmart.gov.au/covid-19">moneysmart.gov.au/covid-19</a>
Australian Banking Association	<a href="https://ausbanking.org.au/covid-19/">ausbanking.org.au/covid-19/</a>
Individual Bank Websites	

### Phone, Online Resources and Online Chat

#### Individual Utility Websites

<b>Synergy</b>	13 13 53	<a href="https://synergy.net.au/Covid-19">synergy.net.au/Covid-19</a>
<b>Alinta</b>	13 13 58	<a href="https://alintaenergy.com.au/wa/help-and-support/help-and-support/customer-support/faults-and-emergencies/covid-19/">alintaenergy.com.au/wa/help-and-support/help-and-support/customer-support/faults-and-emergencies/covid-19/</a>
<b>Simply Energy</b>	13 88 08	<a href="https://simplyenergy.com.au/covid-19-response">simplyenergy.com.au/covid-19-response</a>
<b>Kleenheat Gas</b>	13 21 80	<a href="https://kleenheat.com.au/covid-19">kleenheat.com.au/covid-19</a>
National Debt Helpline Survival Guide	1800 007 007	<a href="https://ndh.org.au/debt-problems/covid19/">ndh.org.au/debt-problems/covid19/</a>

### Online

Ask Izzy	<a href="https://askizzy.org.au">askizzy.org.au</a>
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