TOP TIPS FROM THE FIRST NATIONS FOUNDATION

"If you're feeling the financial impacts of COVID-19 and need urgent help with living expenses, you can reach out to your local charities and organisations for assistance with emergency relief. You can you use the Ask Izzy website to search for your nearest service provider.

If you're feeling overwhelmed and need some help to deal with financial hardship you can speak with a Financial Counsellor in your area or contact Mob Strong Debt Help on 1800 808 488."

Melanie Noble, Community Development and Project Officer

