

I'm checking in to make sure you're OK.

I'm here for you.

My name is: _____

I live at: _____

My number is: _____

If you need support –

- I am here to listen if you want to talk
- I can help with things like shopping, mail and dog walking
- I can: _____

For information on COVID-19 (Coronavirus) please head to the Australian Department of Health website www.health.gov.au or call 1800 020 080

If you or a loved one need immediate crisis and emotional support call Lifeline on 13 11 14

RUOK?[™]
ruok.org.au
#stayconnected

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