

Hi Neighbour!



My name is _____

I live locally at _____

We are starting a Street Team so we can look out for each other during these next few crazy months. I'm wondering if you'd be interested in connecting? We will be making sure the people on our street can help each other with whatever they need.

Our group is at www _____

Text me and I can add you. If you don't have the internet, we can connect by phone, feel free to call me.

My phone number is _____
and I'd love to hear from you. If you need anything now, don't hesitate to ask.

Coronavirus Health Information Line

24/7 phone line for those seeking current COVID-19 advice or information.
Phone 1800 020 080.

Health Direct

24/7 health advice and assistance to find a GP in your local area.
Phone 1800 022 222; or visit healthdirect.gov.au.

Meals on Wheels Palmyra

The Government has recently changed eligibility criteria for this service, allowing access to anyone over the age of 65.
Phone 9435 1379; or visit <https://chorus.org.au/aged-care/chorus-kitchen/>.

Centrelink

Financial assistance for those who are out of work as a result of Coronavirus. Ordinary waiting periods waived.
Visit servicesaustralia.gov.au.

Beyond Blue

24/7 support and advice with a focus on depression, anxiety and suicide prevention.
Phone 1300 224 636; or visit beyondblue.org.au.

Lifeline

24/7 support for those experiencing challenges with their mental health, or simply needing someone to talk to in times of crisis.
Phone 13 11 14; or visit lifelinewa.org.au.

...stick me to the fridge in case I'm needed later

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