



ACT
Government

CANBERRA
STRONG
TOGETHER

SUPPORT SERVICES FOR THE COMMUNITY: CONNECT IN CANBERRA WEBSITE

Connect in Canberra provides information on community services and supports available as well as information on activities and how to keep healthy, active and connected with the community.



Visit act.gov.au/ConnectinCanberra
to see everything there is to offer.

Produced by the Community Services Directorate.

FREE WELLBEING CALLS

Wellbeing Calls are available to anyone who is feeling lonely or isolated. A friendly chat with an Australian Red Cross Volunteer is just a phone call away.

Call **(02) 6234 7630** between **8am and 4pm Monday - Friday.**

ESSENTIAL FOOD AND SUPPLIES

If you have been impacted by COVID-19 and need help accessing essential food and supplies, the Canberra Relief Network may be able to assist.

Call **1800 43 11 33** between **9:30am and 2:30pm Monday to Friday.**

QUESTIONS ABOUT COVID-19?

The ACT Government has established a **Helpline** to assist the community through the challenges of COVID-19.

The **Helpline** operates on **(02) 6207 7244** between **8am and 8pm daily.**

