

# SUPPORT SERVICES FOR THE COMMUNITY: CONNECT IN CANBERRA WEBSITE

Connect in Canberra brings together information from across Government and the community in a range of areas including:

- > Community Services and Support;
- > Supporting our Neighbours and Communities;
- > Online safety and help getting connected;
- > Health and Wellbeing;
- > Activities Hub;
- > Kids' Corner;
- > What's On; and
- > Community Activity Packs.

Visit [act.gov.au/ConnectinCanberra](https://act.gov.au/ConnectinCanberra) to see everything there is to offer.

## 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.

You can register to receive 'check in calls' either at [act.gov.au/ConnectinCanberra](https://act.gov.au/ConnectinCanberra) or 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.

You can sign up at [act.gov.au/ConnectinCanberra](https://act.gov.au/ConnectinCanberra) or by calling **1800 43 11 33** between **9:30am and 2:30pm Monday to Friday**.

## KNOW YOUR NEIGHBOUR

The Know Your Neighbour program encourages the community to build better relationships with the people who live around us. The Know Your Neighbour Card is designed to be filled in and placed in neighbours' letter boxes offering support and connection.

The cards are available for download at [act.gov.au/ConnectinCanberra](https://act.gov.au/ConnectinCanberra) as well as being distributed in the Canberra Weekly, into letterboxes by Neighbourhood Watch volunteers, through government shopfronts and libraries.

## COMMUNITY ACTIVITY PACKS

Community Activity Packs are a way of assisting people in the community to commemorate and celebrate special days when physical distancing restrictions are in place.

Packs are available at local supermarkets, libraries and Access Canberra shopfronts as well as being available for download at [act.gov.au/ConnectinCanberra](https://act.gov.au/ConnectinCanberra)

## 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**.

