

Hello,

If you are self isolating we want you to know that there are ways to stay in touch with community.

During the current health crisis a team of volunteers from local Community Houses and the Temple Society is working on ways to keep everyone in touch and to let you know more about the amazing community in which we live.

How can you reach us?

- If you have Facebook, type Living our best life project in the search box, click on our page when it comes up and “like” us. We will be sharing information and good news stories about the community and inviting you to make plans for joining in when it is safe to do so.
- If you aren't on social media but have an email account – send us an email – livingourbestlifeproject@gmail.com and ask to be placed on our list to receive a regular email newsletter
- If you don't have access to the Internet you can make a free call 1800 984 825 (10am-1pm and 5pm-9pm Monday to Friday) and chat to a volunteer who can arrange to have a printed copy of our regular newsletter put in your letterbox. All we need to know is your first name and street address. Our volunteer will also be happy to have a social chat if you like.

If you need to speak to someone who can help with your health or well-being please phone one of the expert services listed below.

Victorian corona virus help line	1800 675 398
Life line	13 11 14
Beyond blue	1300 22 4636
1800 RESPECT	1800 737 732
Kids Helpline	1800 55 1800
MensLine Australia	1300 78 99 78
Suicide Call Back Service	1300 659 467
Beyond Blue	1300 22 4636
Open Arms - Veterans & Families Counselling	1800 011 046

www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19

1800 RESPECT is a confidential information, counselling and support service open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

