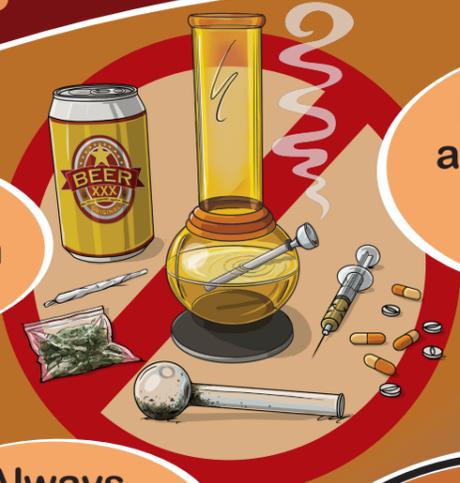




STRONG SPIRIT

STRONG MIND

Avoid using to cope with stress



Don't share alcohol, other drugs and tobacco

Stay home and stop the spread



Stay connected with family, friends and Elders via the phone or Facebook

Always use clean equipment



Eat and sleep well and try to stay active/practice culture



Try to do something healthy every day



FOR MORE INFORMATION:
National Coronavirus Helpline: 1800 020 080
Alcohol and Drug Support Line: 9442 5000
Country callers: 1800 198 024