

Look out for others



- Check in with our mob, especially
 Elders and people living on their
 own and ask if they are ok
- Give them a call or yarn with them from a safe distance
- Offer to drop off food, grab groceries or medication
- Get further help if they become unwell by calling your local health service
- Think of others and be kind

For more information visit strongspiritstrongmind.com.au