

**I'm checking in to
make sure you're OK.**



**Stockland
CARE**
FOUNDATION

RUOK?TM

ruok.org.au
#stayconnected

I'm here for you

My name is:

I live at:

My number is:

If you need support –

I am here to listen if you want to talk

I can help with things like shopping, mail and dog walking

I can:

For information on COVID-19 (Coronavirus) please head to the Australian Department of Health website www.health.gov.au or call 1800 020 080

If you or a loved one need immediate crisis and emotional support call Lifeline on 13 11 14