

# Hello!

If you are self isolating or practising social distancing due to coronavirus, I can help.

My name is: .....

I am a student at St Joseph's College. I live locally at:

My parent/guardian contact number is:

Parent/guardian name & signature:

### I can help with:

- Picking up shopping
- A friendly phone call
- Lawn mowing
- Dog walking
- Urgent supplies
- Other:

If you would like assistance, write your details on the back and put this card in my mailbox, or call or text and I will do my best to help you. 😊

### Help & other advice

**National Corona Hotline:** 1800 675 398

Call this line if you are seeking information on coronavirus.

**Lifeline:** 13 11 14 or text 0477 13 11 14

To speak with a counsellor today.

*Avoid physical contact (keep 2 meters distance), wash hands regularly and leave all deliveries outside the door.*

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