

**I would appreciate help with:**

- collecting mail
- an occasional check-in
- collecting essential items
- putting out and bringing in bins
- feeding pets
- watering gardens

Other .....

**I am able to help with:**

- collecting mail
- an occasional check-in
- collecting essential items
- putting out and bringing in bins
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- watering gardens

Other .....



**I would appreciate help with:**

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Other .....

**Formal volunteering opportunities**

Volunteering needs are rapidly changing and it's important to protect the health, safety, privacy and wellbeing of volunteers and the people they are supporting.

Register with Volunteering Queensland [volunteeringqld.org.au](http://volunteeringqld.org.au) to connect to volunteering opportunities in our community including the Queensland Government's Care Army.

Go to [trc.qld.gov.au](http://trc.qld.gov.au) for more 'Hello Neighbour' slips.



45 Mabel Street, Atherton Qld 4883  
PO Box 573, Atherton Qld 4883

1300 362 242  
[info@trc.qld.gov.au](mailto:info@trc.qld.gov.au)  
[trc.qld.gov.au](http://trc.qld.gov.au)



#athertontablelands

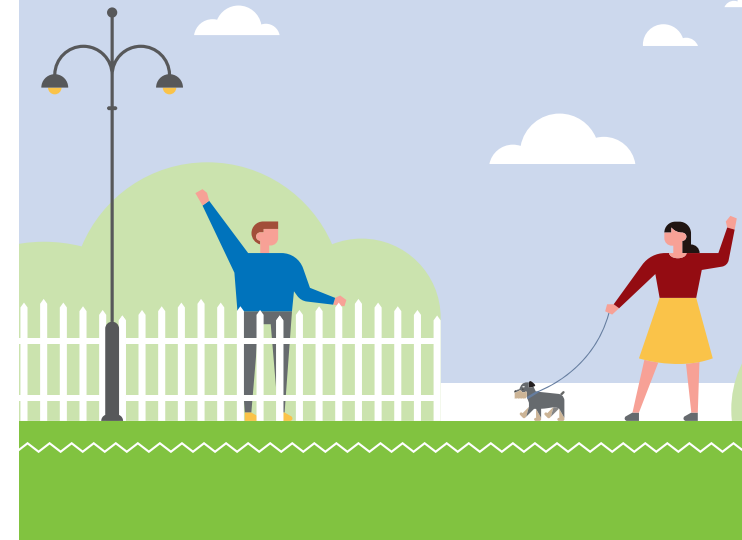
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Are you ready  
Tablelands?

WE ARE ALL IN THIS TOGETHER  
COVID-19



# WE ARE ALL IN THIS TOGETHER

Neighbours are an important source of support during times of emergency and disaster. Now is the time to get to know your neighbours and understand how you can help each other while maintaining good hygiene and physical distancing. It may be putting the rubbish out, collecting essential items or an occasional phone call to check in. Just knowing that we are there for each other and someone is nearby is support in itself.

Having the right information is also important when managing difficult times. This brochure lists essential sources of information to support you through the Covid-19 pandemic. It also includes two cut-off tags to complete and share with your neighbours.

## Important Sources of Covid-19 Information

### Australian Government

Daily updates, latest news, current facts and figures, travel advice, key contacts and phone numbers.

1800 020 080  
[health.gov.au](http://health.gov.au)



### Queensland Health

Up-to-date messaging and recommendations for Covid-19 management. 13 HEALTH operates 24/7 for health information, advice and referrals.

13 HEALTH (13 43 25 84)  
[health.qld.gov.au](http://health.qld.gov.au)



### Community Recovery Hotline

Provides advice, information, referrals and support for vulnerable people who are in quarantine or self-isolating and have no other means of support. Staff work with local partner organisations to arrange non-contact delivery of essential food and medication.

1800 173 349

### Tablelands Regional Council (TRC)

Collates state and federal information as it comes to hand including support for community, business and First Nations peoples. Provides information about the status of Council services and events.

1300 362 242  
[trc.qld.gov.au](http://trc.qld.gov.au)



### TRC Emergency Management Dashboard

One-stop-shop for emergency news (including Covid-19 updates), warnings, road conditions, power outages, evacuation centres, river heights and more.

[dashboard.trc.qld.gov.au](http://dashboard.trc.qld.gov.au)

### Mental Health Access Line

A 24/7 confidential mental health triage service that provides the first point of contact to public mental health services. Callers will be linked to the nearest Queensland Public Mental Health service.

1300 MHCALL  
(1300 642 255)

### Lifeline

A 24/7 service providing support and suicide prevention advice to people experiencing a crisis.

13 11 14  
[lifeline.org.au](http://lifeline.org.au)



### DV Connect

A 24/7 service providing emergency transport and accommodation, crisis counselling and safety planning to help Queensland women, men, children and pets find pathways to safety, away from domestic, family and sexual violence.

1800 811 811  
[dvconnect.org](http://dvconnect.org)



## HELLO NEIGHBOUR!

My/Our name is .....

I/We live at

Next door  Over the road  Up the street

My/Our contact details are

Phone .....

Email .....

Other (social media) .....

If relevant, my/our emergency contact person/  
carer is

Name .....

Phone .....



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