

How's Everyone Doing?

REACH OUT | **LOOK OUT** | **HELP OUT**

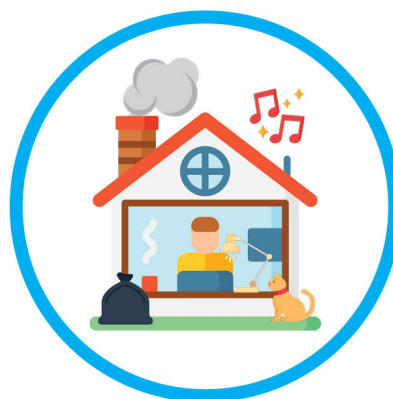
Reach out, check-in and offer your support

Sometimes it's easier to seek help when someone offers their support first. Help start the kōrero by asking if they're OK.



Look out for signs of activity

A lack of activity could be a sign that a neighbour needs assistance. Pay attention to curtains, lights, noise and rubbish collection.



It's OK to not be OK, just don't go at it alone

Need to talk during the lockdown? Call or text **1737** anytime or anywhere to speak with a trained counsellor for FREE.



Visit [mentalhealth.org.nz](https://www.mentalhealth.org.nz) for more advice

Domestic abuse and family harm is never OK

During stressful situations, family harm incidents tend to rise. We can help change that! Report abuse and seek help if needed.



Always call **111** if personal safety is at risk

Neighbourhood Support New Zealand

Creating safe, resilient and connected communities.
0800 4 NEIGHBOURS | neighbourhoodsupport.co.nz

