



CRANBOURNE  
SECONDARY COLLEGE

## SUPPORT FOR CRANBOURNE SECONDARY PARENTS DURING COVID-19

Please find a list of services and contact information that can assist you during COVID-19. These services provide assistance with food vouchers, food delivery and emotional and wellbeing support.



### Cranbourne Information and Support Services

**Phone: (03) 5996 3333**

Due to the current advice regarding the COVID-19 virus and limiting social contact, CISS will be providing a **phone only** service until further notice. All Emergency Relief interviews, counselling and financial counselling support will be delivered via phone or email.

If you require ANY assistance or support, please phone on **5996 3333** between **9:30am and 4:00pm** Monday to Friday. It is likely we will be busy, so please be patient as we continue to provide our services in a slightly different way.

**Cranbourne Information & Support Service can assist in providing Coles and Woolworths vouchers that can be used for either groceries or petrol. Due to them currently providing a phone only service vouchers will be emailed or posted to families.**

#### **Corona Virus Hotline – Mandatory Isolation**

If you are in mandatory isolation and you have no family or friends to assist you with delivering food, please call **1800 675 398**.

### The Salvation Army Cranbourne Corps Church

**1 New Holland Dr**

**Phone: (03) 5995 1433**

The Salvo's in Cranbourne can provide families with food assistance. Families are welcome to pop in, they will need to provide their Medicare card and proof of address.

They service up to Western Port Highway and Baxter Tooradin Road. They do service Hampton Park however they do not service Narre Warren South. They are still allowing drop-ins.

Hours of operation are **Mon – Fri 9.30am-12.45pm and then from 1.30pm-3pm.**

\*This information is correct as of 3pm 21/07/2021, please be mindful given our current climate things might change.

## Sikh Volunteers Australia

Phone: 0423 359 279

Providing delivery of free freshly cooked vegetarian meals to the south eastern suburbs. Orders must be placed by 12PM (Noon) on the day of delivery. Order your free meals by SMS / TEXT ONLY, delivery is between 5pm – 7pm daily.



## Free apps to support emotional wellbeing

<a href="#">1 Giant Mind</a>	<a href="#">Happify</a>	<a href="#">Reach Out</a>	<a href="#">Sanvello</a>
<a href="#">Aura</a>	<a href="#">Headspace</a>	<a href="#">Reach Out Breathe</a>	<a href="#">Sleep Time</a>
<a href="#">Breathr: Mindful Moments</a>	<a href="#">Health Tap</a>	<a href="#">Reach Out Worry Time</a>	<a href="#">Smiling Mind</a>
<a href="#">Calm</a>	<a href="#">Insight timer</a>	<a href="#">Reflectly</a>	<a href="#">Stop, Breathe &amp; Think</a>
<a href="#">Calm Harm</a>	<a href="#">Mental Stillness</a>	<a href="#">Relax Meditation</a>	<a href="#">Super Better</a>
<a href="#">Clear Fear</a>	<a href="#">Mind Cleanse: Sleep Hypnosis</a>	<a href="#">Relax Melodies: Sleep Sounds</a>	<a href="#">Think Ladder</a>
<a href="#">DARE</a>	<a href="#">Mindshift CBT</a>	<a href="#">Rootd – Panic Attack Relief</a>	<a href="#">What's Up</a>
<a href="#">e-Couch</a>	<a href="#">MoodMission</a>	<a href="#">SAM – Self Help for Anxiety Management</a>	<a href="#">Youper</a>

🕒 24/7 Mental Health Services
healthdirect

<p><b>Beyond Blue</b> <i>Anyone feeling anxious or depressed</i></p> <p>📍 <a href="http://beyondblue.org.au">beyondblue.org.au</a> 📞 1300 22 4636</p>	<p><b>Kids Helpline</b> <i>Counselling for young people aged 5 to 25</i></p> <p>📍 <a href="http://kidshelpline.com.au">kidshelpline.com.au</a> 📞 1800 55 1800</p>	<p><b>MensLine Australia</b> <i>Men with emotional or relationship concerns</i></p> <p>📍 <a href="http://mensline.org.au">mensline.org.au</a> 📞 1300 78 99 78</p>
<p><b>Open Arms</b> <i>Veterans and families counselling</i></p> <p>📍 <a href="http://openarms.gov.au">openarms.gov.au</a> 📞 1800 011 046</p>	<p><b>Lifeline</b> <i>Anyone having a personal crisis</i></p> <p>📍 <a href="http://lifeline.org.au">lifeline.org.au</a> 📞 13 11 14</p>	<p><b>Suicide Call Back Service</b> <i>Anyone thinking about suicide</i></p> <p>📍 <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a> 📞 1300 659 467</p>

⚠️ **Is it an emergency?** If you or someone you know is at immediate risk of harm, call triple zero (000)

Speak to your local [General Practitioner \(GP\)](#) . Or you can search for a health service and GP on [healthdirect](#)