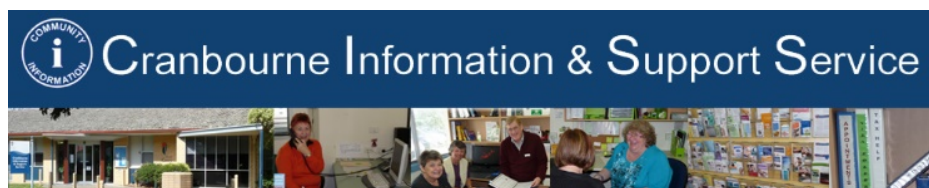




CRANBOURNE
SECONDARY COLLEGE

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

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

🕒 24/7 Mental Health Services
healthdirect

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

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

If you need any further assistance please speak to your local [General Practitioner \(GP\)](#) . Or you can search for a health service and GP on [healthdirect](#).