



Safe Activity for Everybody.

KEEP IN TOUCH, STAY CONNECTED

Staying connected to your family, friends and community is an important part of keeping healthy and remaining independent, especially if you live alone.

For further support & advice visit:
www.beyondblue.org.au
www.volunteering.nsw.gov.au



Tips for staying connected:

- Talk or meet with friends, family or neighbours
- It's okay to ask for help if you need it, and to accept help if it is offered
- Get help with technology to stay in touch
- Get involved by volunteering within your local community
- Get in touch with your local council for upcoming events