



STAY SAFE & STRONG

It is normal to feel worried, scared, or a bit more stressed than normal.

Check in with your family, friends, and community, while staying two big steps away or using your phone. This Coronavirus sickness will not last forever. We are strong people and we'll get through this together.

Stay informed so you know what to do

Get the facts. Check out information on what services and support are out there by visiting the KAMS website and KAMS Facebook page.

If you're getting overwhelmed by the news and social media, it's ok to give yourself a break. Take a deep breath and walk away from the screens and technology.

Ring up your local clinic and listen to your local health workers – they are trained and they can support you.

Reach out and ask for support

There's no shame in having a yarn. Reach out to someone you trust by phone, the internet, or sing out from 2 big steps away.

If you, or anyone you know, would like some extra support, online or telephone support is out there. Check out the KAMS website to see all the numbers and webpages you can visit for support.

#StayConnected