



CONNECTION TO SPIRIT

The Coronavirus sickness won't last forever. We will get through this together. Some of us will get sick but our people are strong, we have been through tough times before.

Keep Your Spirit Strong

Stay connected with your Elders from two big steps away or give them a call.

Find a safe space outside to get some fresh air if safe to do so.



Stay Connected to Culture

Share your cultural knowledge and skills.

Practice language with family.

Eat bush foods and medicines that keep you strong.

Keep Calm

Take a deep breath when you feel worried, scared or stressed.

Slow down or stop drinking grog, smoking and taking other drugs.

#StayConnected