



# COVID Connect

Good social connections are essential for our wellbeing. While many of us are staying at home during COVID-19 it can be easy to feel socially isolated.

If you are not in regular contact with others, our COVID Connect service can help you! One of our friendly volunteers will be happy to call you – once or regularly – for a chat.

## What is COVID Connect?

- A free phone call from Australian Red Cross
- For adults of all ages
- For anyone who is not in regular social contact and is experiencing isolation or loneliness
- Provides support to improve your community connection

## Register for a call

It's easy and free to register. Call us on **1800 733 276** or register online [redcross.org.au/covidconnect](https://redcross.org.au/covidconnect)

We're looking forward to talking to you!

[redcross.org.au](https://redcross.org.au) follow us    

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