



MAARI MA Health Service

You may not have seen us much but we are still here for you.

Because of COVID-19 restrictions we have not been able to be in the community as much as we would like and don't want you to think we have forgotten about you.

Getting used to COVID-19 restrictions, social isolation and social distancing has been really difficult and we know it has been taking a toll on the community. This and other challenges facing the community have driven us to reach out to you to make sure you know what services are available to you.

Maari Ma has a specialist team of Social and Emotional Wellbeing Workers who can provide a safe and confidential service to people experiencing emotional distress, drug or alcohol issues or mental health issues for any reason.

If you need to speak to someone about what is happening for you or you are concerned about a loved one we are only a phone call away.

If you would like to make contact with us call 8082 9777 and ask for Racheal in the Social and Emotional Wellbeing Team and we will get back to you.

Please take care of yourself and those you love.

**Social and Emotional Wellbeing Team
Maari Ma Health Service.**