

## Support each other by staying in touch.

During this time when we are all physically isolated it is a good idea to stay in touch with each other- to support one another, to check how each of us is travelling and to offer help where it might be needed.

Maintaining our physical, emotional and spiritual health at this time is crucial and we are all called to support each other

At the Cathedral of St Stephen we are fortunate to have many formal networks of volunteers- from readers and ministers through to groups like COSSAG and Guides and Welcomers. These are all making contact with their regular members to ensure our spirits stay positive in this challenging period. A number are also continuing to meet- not physically but from one another's homes via Zoom

As well, there are various informal groups such as those around mass gatherings that are doing similar.

While this is all good, there may also be many in our parish community who are either new to the parish or do not know many others- or their contact details.

If you wish too be in touch with one of our formal groups or just wish to be in contact with someone from the Cathedral community please contact us as follows:

Parish Office telephone: 3324 3030  
Parish office email: cathedral@bne.catholic.net.au  
Pastoral Council email: cathedralppc@bne.catholic.net.au

Finally, if you (or anyone you know) are in difficulty during this isolation period please consider getting help from one of the agencies below.

Our **St Vincent de Paul Conference** is working strenuously to support those in need. They can be contacted as follows:

Free Call	1800 846 643
Phone	3831 2701

The Queensland Government's Department of Communities, Disability Services and Seniors has also established a **Community Recovery Hotline**. People who choose to self-isolate can call the hotline on [1800 173 349](tel:1800173349) to register for over the phone social and emotional telephone support. Those who have been quarantined and are not able to be self-reliant and have no other means of support can call the hotline to arrange delivery of essential food and medication.

The Department has also engaged Red Cross to provide daily telephone psychosocial support to people registered with Queensland Health in home quarantine.

Finally, other groups offering assistance include the following:

- **Mensline Australia:**  
For men with emotional health or relationship concerns.  
Telephone: 1300789978  
1800RESPECT (domestic violence counselling line): [1800 737 732](tel:1800737732)
- **Beyond Blue:**  
Telephone: 1300224636
- **Lifeline:**  
Telephone: 131114