

Help for Multicultural Communities in the ACT

Free food and hygiene products

The **Canberra Relief Network** gives free boxes of food and hygiene products to Canberrans in need during COVID-19.

To get a box:

1. Call **1800 431 133** on Monday to Friday, 9:30am to 2:30pm.
2. Choose the type of box you need.
3. They will tell you where to collect your box.

For more information visit www.canberrarelief.com.au or email info@canberrarelief.com.au.

This is a confidential service for people who need it.

Help for temporary visa holders

The **Red Cross** is giving one-off payments to temporary visa holders in need during COVID-19.

These payments can help with food, medicine and housing.

Apply online:

www.redcross.org.au/emergencyrelief

For more information please contact the Red Cross:

Phone: **(02) 6234 7695**

Email: hspcanberra@redcross.org.au

Attention International Students: You must contact your institution first. If your institution cannot help you, they will refer you to Red Cross.

COVID-19 legal help

Canberra Community Law can help you find legal information and support during COVID-19.

The new [Canberra COVID Legal Help website](http://www.canberracovidlegalhelp.org.au) has information on housing, Centrelink, criminal law, going to court, family law and employment in relation to COVID-19.

The website also has videos, fact sheets, frequently asked questions and links to legal services.

You can also call **(02) 6218 7900**.

www.canberracovidlegalhelp.org.au