



## **Information for those over 70 or with compromised immunity or underlying health conditions**

### **Do you need help getting food?**

- 1.** Family or friends: can drop groceries at the door if they remain 2m apart – no one should come inside.
- 2.** Order online: supermarket delivery services are available.
- 3.** Commercial companion drivers: Driving Miss Daisy and Freedom Companion can pick up groceries or take people to medical visits.
- 4.** Meals on Wheels: can deliver pre-cooked meals
- 5.** Contact your local foodbank
- 6.** Other support: South Taranaki iwi helpline: 0800 782 684  
Tui Ora helpline: 0800 884 672

### **Still need help?**

If you have an urgent need for essential items such as food or medicine and can't access these via the above support please call the below number.

**Call the Taranaki helpline on 0800 900 077**

Available 7 days a week 7am – 7pm.

### **Just need to talk?**

For support with anxiety, distress or mental wellbeing, you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.