

ASK PEACE

how they can help you



It is normal to feel stressed and scared during the Coronavirus pandemic. Talking with a professional PEACE worker can help.

If you are worried



A Accept and understand that its OK to feel worried.

S Speak to an **ASK PEACE** support worker on **(08) 8245 8110**

K Know that talking to us will help you feel less worried.

If you are worried about someone else in your family/community



Ask if the person is OK

Support the person, don't judge them or have a bad opinion about them.

Know how to help the person by calling **ASK PEACE** on **(08) 8245 8110**

How can you seek help when you do not speak English?

There are several ways we can get an interpreter on the line to help us understand your issues and concerns.

Option 1:

Visit www.rasa.org.au/askpeace and fill in the service enquiry form and we will call you back.

Option 2:

1. Call **ASK PEACE** on **(08) 8245 8110**
2. Tell us the language you speak and your phone number
3. You can either stay on the line while we get the interpreter connected, or we can call you back on the number you provided
4. Once the interpreter is on the line (sometimes this can take longer than you expect) you can speak to us in your own language
5. If you call outside of business hours, please leave a message with your name, phone number and preferred language and we will call you when we are back in the office.

Option 3:

Ask your current service provider to make a referral to us and indicate that an interpreter is needed.

Option 4:

Call us with the help of your trusted family member or friend to book a session with an interpreter at a suitable day and time.

How can you get help if you live outside the Adelaide metropolitan area?

ASK PEACE is available for all people of culturally and linguistically diverse backgrounds who live anywhere in South Australia.

If you are concerned about the cost of the call, just give us a quick call on **(08) 8245 8110**, provide us with your phone number and we will call you back or fill in the service enquiry form at www.rasa.org.au/askpeace

ASK PEACE (08) 8245 8110 | Mon to Fri 9.00am – 5.00pm | www.rasa.org.au/askpeace | askpeace@rasa.org.au
Client appointments can be booked outside business hours to best suit your needs.



Government of South Australia
SA Health



Relationships Australia
SOUTH AUSTRALIA