

WELLBEING

Mental Health

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1737 Helpline – Need to Talk

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Ministry Of Health

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Free tools, resources and apps

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Employment advice and Support

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Health Point Social Services

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We are available for you to ask questions, to talk, and keep you up to date with relevant business information, so if you have any queries or concerns please email us on covidsupport@ebopchamber.co.nz or call 07 219 3827.

- **Stay at home** where possible and follow the Alert Level 4 guidelines.
- **Wear a mask** and keep a **2 metre distance** from others whenever you leave your home.
- If you are sick, **call your doctor or Healthline on 0800 358 5453** for advice about getting tested.
- Keep on **scanning** QR codes whenever you leave your home.
- Practice **good hygiene** - wash hands often.
- Services including supermarkets, pharmacies, clinics and petrol stations will stay **open at Alert Level 4**. Face coverings are mandatory for all people – both employees and customers – at businesses and services operating at Alert Level 4 involving customer contact.