

# HEY THERE! NEIGHBOUR!

MY NAME IS:

I LIVE AT:

YOU CAN CONTACT ME:

Feel free to come and say hello or ask a favour should you ever need one. I'm always happy to have a chat and help out!



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## HELPFUL CONTACTS

1300 364 277

[nt.relationships.org.au](http://nt.relationships.org.au)

**Relationships Australia**

Provides relationship support services for individuals, families and communities

13 11 14

[lifeline.org.au](http://lifeline.org.au)

**Lifeline**

24-hour crisis counseling, support groups and suicide prevention services

1300 22 4636

[beyondblue.org.au](http://beyondblue.org.au)

**Beyond Blue**

24-hour support from a trained mental health professional

## NEIGHBOURHOOD WATCH NT

Joining Neighbourhood Watch NT is a wonderful way to connect with your community.

You will be the first to receive the latest safety information, which you can share with your community to help create safer and more secure Territory neighbourhoods.

Joining is totally free and easy, and we don't expect anything in return!

Join now at [nhwnt.org.au](http://nhwnt.org.au)  
or phone 8999 0847

All Territorians have the right  
to safer and more secure  
Territory neighbourhoods.

## CONNECTING OUR COMMUNITIES



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TERRITORY  
GOVERNMENT**

## KEEPING OUR COMMUNITIES CONNECTED

Every week one in four Australians report feeling lonely. Between you and your neighbours, chances are someone is feeling alone or socially isolated. The good news is, there are plenty of ways to keep yourself and your community connected.

**Get neighbourly** - introduce yourself to your neighbour, our 'Hey There Neighbour' resource (included in this brochure) can help with this.

**Connect with your community** - the internet provides a great opportunity to be social and connect with your community easily. Alternatively, get out and about to meet people - joining a group is a great way to connect with people with shared interests.

**Be inclusive** - for some people, building relationships is easy, but for others it's not. We are all different, but we all deserve to feel connected.

**Cultivate kindness** - small gestures of kindness help us all feel more connected, and when we do things in service of others, our sense of community increases. A simple smile could brighten someone's day.

**Attend local events** - there are plenty of fun and free activities in the NT that can be a great place to connect with your community. Check out your local council for upcoming events in your area.

**Reach out** - if loneliness is causing you distress, visit your GP, a counsellor or a psychologist. For immediate support call **Lifeline on 13 11 14**.

## BENEFITS OF COMMUNITY CONNECTION

Connecting with your community can provide a number of benefits and lead to safer, happier and more resilient neighbourhoods.

**Decrease in crime** - a study by the Australian Institute of Criminology found that a 10% increase in community participation was related to a 1.9% decrease in violent crime rates!

**Extra eyes and ears** - you provide extra eyes and ears for the Police in your area - you will know what is suspicious.

**Sense of safety** - well connected communities improve your sense of safety and give you piece of mind. Knowing your neighbours are looking out for you and your family can help to reduce the fear of crime.

**A cup of sugar** - being connected provides greater opportunities to learn from each other, help each other thrive or borrow last minute ingredients.



## DID YOU KNOW...

Poor social connections are as bad for your health as smoking 15 cigarettes a day.

Lonely Australians have significantly worse mental and physical health status than connected Australians.

Adolescents who live in connected communities are more likely to have a positive outlook on their future.



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