What types of emergency or crisis support can I access as I leave prison?

If you need help with support, food, money or belongings after you leave prison, there are local ACT crisis support services which can help you with essential everyday items.

Emergency support services

ACT services may give out food parcels, cheaper groceries, food vouchers and cheap or free meals, clothing and low cost household goods and furniture. They may even have a place for you to shower. Be aware that most services will not hand out cash.

Emergency support services operate in different ways. Some services are drop in but others are not. If you can, it is best to call ahead to make an appointment and to check availability.

By contacting these services you will also be put in touch with other services which will help you during this time. It is important to remember that these support services have little funding and may only be able to offer certain kinds of support at certain times. If you cannot get support from one service always ask to be referred to another service.

When visiting a support service it is important to bring valid identification and your Centrelink Healthcare card if you have one.

Services that give emergency support include major charities like The Salvation Army and St. Vincent's de Paul Society and community organisations and centres like Communities@Work. Churches and op-shops are also good places to find support and information.

Contact Canberra Community Information also has the following lists to help you access free meals and emergency relief across Canberra.

Check out the **ACT Free Meal Guide** at
http://www.contactcanberra.org.au/content/view/35/32/

Check out the **ACT Emergency Relief Providers Guide** at
http://www.contactcanberra.org.au/content/view/33/32/

Website: www.contactcanberra.org.au

Location: Room G.02, Griffin Centre, Genge St, Canberra City

Opening hours - Mon, Tue, Thur, Fri: 10am-4pm

Wed: 10am-1pm

Phone: 02 6248 7988

Email: info@citizensadvice.org.au