

3 November 2021

Please help us by sharing this information with your community.

Supporting mental health among members of our multicultural communities

Do you know someone who is feeling worried as COVID-19 restrictions change in South Australia?

[ASK PEACE](#) is a virtual mental health service for members of multicultural communities who have been impacted by COVID-19. It is a free service available in languages other than English.

To speak to an interpreter in your language:

- Call ASK PEACE Monday to Friday, 9.00 am to 5.00 pm (08) 8245 8110.
- Leave a message if you call outside business hours, and you will receive a return phone call.
- Ask a trusted family member or friend to book a session with an interpreter for you.

For more information, visit Relationships Australia at www.rasa.org.au/services/couples-families/askpeace/.

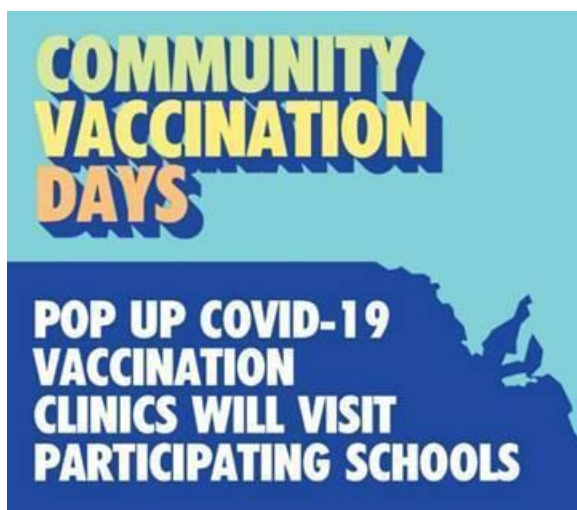


Community Vaccination Days

This Saturday 6 November, a number of schools will be open from 9.00 am to 4.00 pm for community members to receive their vaccination. The schools are:

- Roma Mitchell Secondary College, Gepps Cross
- Port Lincoln High School
- Tenison Woods College, Mount Gambier
- Grant High School, Mount Gambier

Schools will be open again on Saturday 27 November to deliver second doses.



COVID-19 vaccine pop-up clinics

Munno Para Shopping City

[Booked appointments](#) and walk-ins are now available at a new COVID-19 vaccination clinic at Munno Para.

Location: Munno Para Shopping City (near Harvey Norman) at 600 Main North Road, Smithfield

Opening hours: 7 days a week, 9.00 am to 3.00 pm

For a list of all mobile and pop-up COVID-19 vaccination clinics across South Australia, visit www.sahealth.sa.gov.au/covidvaccine.

MUNNO PARA COVID-19 VACCINATION CLINIC	MOBILE COVID-19 VACCINATION CLINICS THIS WEEK
	METRO Adelaide Christies Beach Gepps Cross Ingle Farm Marion Prospect St Clair Tea Tree Plaza
	REGIONAL Hawker Leigh Creek Mount Gambier Port Lincoln Port Wakefield Tailem Bend Whyalla

COVID-19 vaccination and pregnancy, planning a family, and breastfeeding

Pfizer and Moderna vaccines are safe and effective if you are pregnant, breastfeeding, or planning pregnancy. It is safe to get vaccinated against COVID-19 at any stage of pregnancy. Vaccination may also provide some protection to newborn babies.

Women who are pregnant, and their unborn baby, have a significantly higher risk of severe outcomes from COVID-19 than non-pregnant people.

Protect yourself and your baby:

- Book your vaccine at www.sahealth.sa.gov.au/covidvaccine.
- [Read more information](#) on the SA Health website.
- Find [translated information](#) from the Australian Department of Health.
- [Download resources](#) that you can share with others.
- [Watch a video with Dr Emily Kirkpatrick](#) about COVID-19 vaccines and pregnancy, breastfeeding and family planning.

