

Need some help with accommodation?

Beyond Housing (24/7)

- 1800 825 955
- www.beyondhousing.org.au

Housing VIC

- 1300 475 170
- www.housing.vic.gov.au

Safe Steps Family Violence Response Centre (24/7)

- 1800 015 188
- www.safesteps.org.au

Other agencies who can help

Lifeline (24/7)

- 13 11 14
- www.lifeline.org.au

Beyond Blue (24/7)

- 1300 224 636
- www.beyondblue.org.au

Griefline

- 1300 845 745
- www.griefline.org.au

Salvo Care

- 5820 8000
- www.salvationarmy.org.au

13YARN Aboriginal & Torres Strait Islander Crisis Support Line (24/7)

- 13 92 76
- www.13yarn.org.au

Need access to a computer?

Goulburn Valley Libraries (free computer access)

Cobram, Nathalia, Numurkah and Yarrawonga

- 1300 374 765
- www.gvlibraries.com.au



Call 000 if you are in immediate danger.



Who can help

A quick guide to support services

For individuals and families in need



44 Station Street, Cobram VIC 3644

Phone (03) 5871 9222 **NRS** 133 677


Fax (03) 5872 1567

Email info@moira.vic.gov.au

Mail PO Box 578, Cobram VIC 3643

www.moira.vic.gov.au

September 2022



Need to get some
things off your
chest or talk to
someone who will
listen?

Contact your local GP

NCN Health Cobram Campus

☎ 5871 0777

🌐 www.ncnhealth.org.au

NCN Health Nathalia Campus

☎ 5866 9444

NCN Health Numurkah Campus

☎ 5862 0555

Yarrawonga Health

☎ 5743 8111

🌐 www.yh.org.au

Goulburn Valley Health

☎ 5832 2322

🌐 www.gvhealth.org.au

North East Health

☎ 5722 5111

🌐 www.northeasthealth.org.au

How can Centrelink help?

Ask Izzy

🌐 www.askizzy.org.au

Families Line

☎ 136 150

Social Workers

☎ 132 850

Looking for Work

☎ 132 850

Youth and Students Line

☎ 132 490

Centrelink Indigenous Call Centre

☎ 1800 136 380

Older Australians Line

☎ 132 300

Need some financial help?

Cobram Family and Financial Services

☎ 0460 026 432

🌐 www.cisvic.org.au

If you are having difficulty paying your rates and would like to talk about your situation please contact Moira Shire Council on 5871 9222.

Don't go Hungry!

Moira Foodshare

☎ 5742 1111

☎ 0419 809 171

🌐 www.mhacare.org.au/services/foodshare

Need some emergency relief?

Cobram Community House

43-45 Punt Road, Cobram VIC 3644

☎ 5872 2224

🌐 www.cch.vic.edu.au

Nathalia Community House

17 Harcourt Street, Nathalia VIC 3638

☎ 5866 2449

Numurkah Community Learning Centre Inc.

99 Melville Street, Numurkah VIC 3636

☎ 5862 2249

🌐 www.nclcinc.vic.edu.au

Yarrawonga Mulwala Community and Learning Centre

1 Hargrave Court, Yarrawonga VIC 3730

☎ 5744 3911

🌐 www.ymclc.edu.au

Emergency Relief

St Vincent de Paul, Cobram

31 Main Street, Cobram VIC 3644

☎ 0499 247 244

🌐 www.vinnies.org.au

Emergency Relief

St Vincent de Paul, Yarrawonga

3 Witt Street, Yarrawonga VIC 3730

☎ 5744 2460

🌐 www.vinnies.org.au