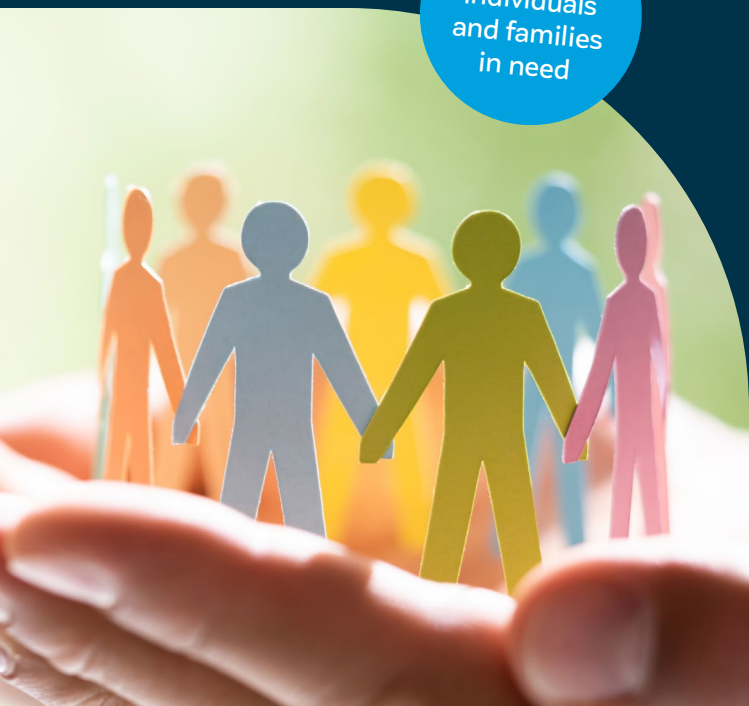




Who can help?

A quick guide
to support
services

For
individuals
and families
in need





**Call emergency services
on 000 if you are in
immediate danger.**

Some services have multiple support programs. Please contact any listed service for more information.

Local Health Services

Goulburn Valley Health	03 5832 2322 gvhealth.org.au
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Maternal and Child Health (MCH) 24HR	132 229
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Moira Shire Maternal and Child Health Service	03 5871 9275 moira.vic.gov.au
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NCN Health - Cobram Campus	03 5871 0777 ncnhealth.org.au
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NCN Health - Nathalia Campus	03 5866 9444 ncnhealth.org.au
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NCN Health - Numurkah Campus	03 5862 0555 ncnhealth.org.au
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Northeast Health Wangaratta	03 5722 5111 northeasthealth.org.au
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NURSE-ON-CALL	1300 60 60 24
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Yarrawonga Health	03 5743 8111 yh.org.au
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Community Houses

Your local neighbourhood house contributes to their community through social, educational, recreational and support initiatives such as financial assistance and commuter access.

Cobram Community House	43-45 Punt Rd, Cobram 03 5872 2224 cch.vic.edu.au
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Nathalia Community House	44 Blake St, Nathalia 03 5866 2449 nathaliach.org.au
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Numurkah Community Learning Centre	99 Melville St, Numurkah 03 5862 2249 nclcinc.vic.edu.au
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Yarrawonga Mulwala Community and Learning Centre	1 Hargrave Crt, Yarrawonga 03 5744 3911 ymclc.edu.au
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Shower Program

Contact your local community house for further information.

Cobram Killara House	<i>Fridays: 10am-12pm</i> 43-45 Punt Rd, Cobram
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Numurkah Aquatic and Fitness Centre	<i>Monday-Friday: 9am-12pm & 3pm-5pm</i> 99 Melville St, Numurkah
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Yarrawonga Senior Citizens Centre	<i>Monday, Wednesday and Friday: 9am-11am</i> 23 Hovell St, Yarrawonga
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Centrelink

Ask Izzy	askizzy.org.au
Centrelink Indigenous Call Centre	1800 136 380
Families Line	136 150
Farmer Assistance Hotline	132 316
Looking for Work	132 850
Older Australians Line	132 300
Social Workers	132 850
Youth and Students Line	132 490

Support Call Centres

Beyond Blue 24/7	1300 224 636 beyondblue.org.au
Griefline 8am-8pm	1300 845 745 griefline.org.au
Kids Helpline Ages 5-25	1800 551 800 kidshelpline.com.au
Lifeline 24/7	13 11 14 lifeline.org.au
MensLine	1300 789 978 mensline.org.au
Rainbow Door	1800 729 367 Text: 0480 017 246 rainbowdoor.org.au
Suicide Call Back Service	1300 659 467 suicidecallbackservice.org.au

Family and Gender-Based Violence Support

1800 Respect	1800 RESPECT (1800 737732) 1800respect.org.au
Family Care	03 5823 7000 familycare.net.au
Goulburn Valley Centre Against Sexual Assault	1800 112 343 gvcasa.com.au
No to Violence	1300 766 491
The Orange Door	1800 737732
Primary Care Connect	03 5823 3200 primarycareconnect.com.au
Safe Steps	1800 015 188 safesteps.org.au

Cultural Services

13Yarn Crisis Support Line 24/7	13 92 76 13yarn.org.au
Ethnic Council Shepparton	03 5831 2395 ethniccouncilshepparton.com.au
Rumbalara	03 5820 0000 rumbalara.org.au
Yorta Yorta Nation	03 5869 3336 yynac.com.au

Disability Support

NDIS Intereach

1300 488 226

intereach.com.au

Housing/Accommodation Assistance

Beyond Housing

1800 825 955

24/7 Crisis Assistance

beyondhousing.org.au

HousingVic

1300 475 170

housing.vic.gov.au

Salvation Army

03 5820 8000

Homelessness Services

salvationarmy.org.au

The Bridge Youth Service

03 5831 2390

Ages 12-25

thebridge.org.au

VincentCare

1800 825 955

vincentcare.org.au

Emergency Relief

CFA VicEmergency Hotline

1800 226 226

cfa.vic.gov.au

Victoria State Emergency Service (SES)

132 500

ses.vic.gov.au

Financial Assistance

Cobram Family and Financial Services

03 4800 4835

bffs.org.au

Primary Care Connect

03 5823 3200

primarycareconnect.com.au

Food Assistance

Moira Foodshare

03 5742 1111 or 0419 809 171

mhacare.org.au/food-share

Computer Access

Goulburn Valley Libraries

Cobram, Nathalia,

Numurkah and Yarrawonga

1300 374 765

gvlibraries.com.au

Transport

CobCab

Cobram and surrounds

Bookings through

Cobram Community House

03 5872 2224

Community

Accessibility

Yarrawonga and
surrounds

1300 704 530

communityaccessability.com.au

Nathalia

Community Car

Nathalia and surrounds

Bookings through

Nathalia Community House

03 5866 2449

Public Transport

Victoria (PTV)

1800 800 007

ptv.vic.gov.au

Royal Flying Doctor Service

Numurkah and surrounds

1300 887 678



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

moira.vic.gov.au

