

Suporta sa Kapansanan

NDIS Intereach 1300 488 226
intereach.com.au

Tulong sa Pabahay/ Akomodasyon

Beyond Housing 1800 825 955
24/7 na Tulong sa Krisis beyondhousing.org.au

HousingVic 1300 475 170
housing.vic.gov.au

**Mga Serbisyo sa Kawalan
ng Tahanan ng Salvation
Army** 03 5820 8000
salvationarmy.org.au

The Bridge Youth Service 03 5831 2390
Edad 12-25 thebridge.org.au

VincentCare 1800 825 955
vincentcare.org.au

Emergency Relief

CFA ViceEmergency Hotline 1800 226 226
cfa.vic.gov.au

**Victoria State Emergency
Service (SES)** 132 500
ses.vic.gov.au

Tulong Pinansyal

**Cobram Family at
Financial Services** 03 4800 4835
bffs.org.au

**Primary Care
Connect** 03 5823 3200
primarycareconnect.com.au

Tulong sa Pagkain

Moira Foodshare 03 5742 1111 o 0419 809 171
mhacare.org.au/food-share

Pag-access sa Computer

**Mga Aklatan ng
Goulburn Valley** 1300 374 765
Cobram, Nathalia, gvlibraries.com.au
Numurkah at Yarrawonga

Transportasyon

CobCab Mag-book sa pamamagitan ng
Cobram at sa paligid Cobram Community House
03 5872 2224

**Community
Accessibility** 1300 704 530
Yarrawonga at sa paligid communityaccessability.com.au

**Nathalia
Kotse ng Komunidad** Mag-book sa pamamagitan ng
Nathalia Community House
Nathalia at sa paligid 03 5866 2449

**Public Transport
Victoria (PTV)** 1800 800 007
ptv.vic.gov.au

Royal Flying Doctor Service 1300 887 678
Numurkah at sa paligid



44 Station Street, Cobram VIC 3644

Telepono (03) 5871 9222

NRS 133 677

Fax (03) 5872 1567

Email info@moira.vic.gov.au

Sa Koreo PO Box 578, Cobram VIC 3643

moira.vic.gov.au



Sino ang makakatulong?

Isang mabilis na
gabay sa mga serbisyo
ng suporta

Para sa mga
indibidwal at
pamilyang
nangangailangan





Tumawag sa mga serbisyong pang-emerhensya sa 000 kung ikaw ay nasa kagyat na panganib.

Ang ilang mga serbisyo ay may maraming programa ng suporta. Mangyaring makipag-ugnayan sa alinmang nakalistang serbisyo para sa karagdagang impormasyon.

Mga Lokal na Serbisyong Pangkalusugan

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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Serbisyong Maternal and Child Health sa Moira Shire	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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Mga Community House

Ang inyong lokal na bahay-pamayanan ay nag-aambag sa kanilang komunidad sa pamamagitan ng mga inisyatibang panlipunan, pang-edukasyon, panlibangan at pangsuhporta tulad ng tulong pinansyal at access sa computer.

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 Center	99 Melville St, Numurkah 03 5862 2249 nclcinc.vic.edu.au
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Yarrawonga Mulwala Community and Learning Center	1 Hargrave Crt, Yarrawonga 03 5744 3911 ymclc.edu.au
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Shower Program

Makipag-ugnayan sa inyong lokal na community house para sa karagdagang impormasyon.

Cobram Killara House	Biyernes: 10am-12pm 43-45 Punt Rd, Cobram
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Numurkah Aquatic and Fitness Center	Lunes-Biyernes: 9am-12pm at 3pm-5pm 99 Melville St, Numurkah
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Yarrawonga Senior Citizens Center	Lunes, Miyerkules at Biyernes: 9am-11am 23 Hovell St, Yarrawonga
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Centrelink

Ask Izzy	askizzy.org.au
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Centrelink Indigenous Call Center	1800 136 380
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Families Line (Linya ng telepono para sa mga Pamilya)	136 150
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Hotline para sa Tulong sa Magsasaka	132 316
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Naghahanap ng Trabaho	132 850
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Older Australians Line	132 300
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Mga Social Worker	132 850
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Linya para sa mga Kabataan at Estudyante	132 490
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Mga Call Center para sa Suporta

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

1800 Respect	1800 RESPECT (1800 737732) 1800respect.org.au
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Family Care	03 5823 7000 familycare.net.au
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Goulburn Valley Center Laban sa Sekswal na Pag-atake	1800 112 343 gvcasa.com.au
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No to Violence	1300 766 491
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The Orange Door	1800 737732
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Primary Care Connect	03 5823 3200 primarycareconnect.com.au
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Safe Steps	1800 015 188 safeteps.org.au
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Mga Serbisyong Pangkultura

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