

## Need some help with accommodation?

### Beyond Housing (24/7)

- 1800 825 955
- [www.beyondhousing.org.au](http://www.beyondhousing.org.au)

### Housing VIC

- 1300 475 170
- [www.housing.vic.gov.au](http://www.housing.vic.gov.au)

### Safe Steps Family Violence Response Centre (24/7)

- 1800 015 188
- [www.safesteps.org.au](http://www.safesteps.org.au)

## Other agencies who can help

### Lifeline (24/7)

- 13 11 14
- [www.lifeline.org.au](http://www.lifeline.org.au)

### Beyond Blue (24/7)

- 1300 224 636
- [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Griefline

- 1300 845 745
- [www.griefline.org.au](http://www.griefline.org.au)

### Salvo Care

- 5820 8000
- [www.salvationarmy.org.au](http://www.salvationarmy.org.au)

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

- 13 92 76
- [www.13yarn.org.au](http://www.13yarn.org.au)

## Need access to a computer?

### Goulburn Valley Libraries (free computer access)

Cobram, Nathalia, Numurkah and Yarrowonga

- 1300 374 765
- [www.gvlibraries.com.au](http://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](mailto:info@moira.vic.gov.au)

**Mail** PO Box 578, Cobram VIC 3643

[www.moira.vic.gov.au](http://www.moira.vic.gov.au)

*Updated February 2024*





**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](http://www.ncnhealth.org.au)

##### NCN Health Nathalia Campus

☎ 5866 9444

##### NCN Health Numurkah Campus

☎ 5862 0555

##### Yarrowonga Health

☎ 5743 8111

🌐 [www.yh.org.au](http://www.yh.org.au)

##### Goulburn Valley Health

☎ 5832 2322

🌐 [www.gvhealth.org.au](http://www.gvhealth.org.au)

##### North East Health

☎ 5722 5111

🌐 [www.northeasthealth.org.au](http://www.northeasthealth.org.au)

## How can Centrelink help?

### Ask Izzy

🌐 [www.askizzy.org.au](http://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](http://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](http://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](http://www.cch.vic.edu.au)

### Nathalia Community House

44 Blake Street, Nathalia VIC 3638

☎ 5866 2449

### Numurkah Community Learning Centre Inc.

99 Melville Street, Numurkah VIC 3636

☎ 5862 2249

🌐 [www.nclcinc.vic.edu.au](http://www.nclcinc.vic.edu.au)

### Yarrowonga Mulwala Community and Learning Centre

1 Hargrave Court, Yarrowonga VIC 3730

☎ 5744 3911

🌐 [www.ymclc.edu.au](http://www.ymclc.edu.au)

### Emergency Relief

#### St Vincent de Paul, Cobram

31 Main Street, Cobram VIC 3644

☎ 0499 247 244

🌐 [www.vinnies.org.au](http://www.vinnies.org.au)

### Emergency Relief

#### St Vincent de Paul, Yarrowonga

3 Witt Street, Yarrowonga VIC 3730

☎ 5744 2460

🌐 [www.vinnies.org.au](http://www.vinnies.org.au)