

Emergency Crisis Services

Crisis contacts (All 24 hour services)

Police/ Ambulance / Fire	000
Mental Health Assistance/triage	1300 363 788
Beyond Blue beyondblue.org.au	1300 224 636
Lifeline lifeline.org.au/Get-Help	13 11 14
DirectLine (alcohol & drugs) directline.org.au	1800 888 236
Kids Helpline kidshelpline.com.au	1800 551 800
Suicide Helpline suicideline.org.au	1300 651 251
Mensline mensline.org.au	1300 789 978
Gambler's Help	1800 858 858

Reach Out - Online Mental Health & Wellbeing

Service – contact www.reachout.com

Counselling/ Social work

Rochester & Elmore District Health Service	5484 4465
Kyabram District Health Service	5857 0200
Anglicare Echuca	5482 0900

- Family mediation
- Emergency housing
- Financial Counselling

What is Emergency Relief?

Material or financial aid provided to assist someone to deal with their immediate needs whilst experiencing financial crisis or personal hardship. Some services may restrict their services and the number of times a person can receive assistance may be limited.

To receive assistance make direct contact with a relief service by telephoning or visiting their service location.

TYPES OF ASSISTANCE:



KYABRAM & DISTRICT Emergency Food & Support Services



'Working T' gether for Healthy Communities'

This brochure provides information on emergency food and how to access support in the Kyabram, Girgarre, Tongala, Stanhope & Rushworth areas.

TOWN	ORGANISATION	CURRENT FOOD RELIEF PROGRAMS
Kyabram	Kyabram Community & Learning Centre Community Groups 21-25 Lake Road, Kyabram P: 5852 0000	Free community lunch, 12 midday Thursdays. Community Garden. Community Groups.   
	St Andrews Anglican Church 33 Church St Kyabram P: 5852 1039	Provides free community meal Monday evenings. Please be seated by 6pm. No meals on public holidays or school holidays. 
	Salvation Army 24 Unit St Kyabram P: 5852 3875	Welfare assistance on Friday's 1.30pm-3pm phone for an appointment. Vouchers. 
	Living Waters Church 60 Allan St Kyabram P: 5852 2022	The Rock Coffee Break is open every Thursday morning between 10am and 12pm. Free hot drinks & snack.  
	St Vincent De Paul 111 Allan St Kyabram P: 58522874	Support Services open 1pm-4pm Tuesday and Friday afternoons, call before 12 midday for an appointment. Open 6pm-8pm Wednesdays, phone before 5pm for an appointment. Food Parcels and Vouchers available.  
Girgarre	Girgarre Community Cottage 27 Olympic St Girgarre P: 5854 6482	Food Parcels Seniors weekly luncheon held first and third Tuesday of the month (phone to confirm) Monthly 'Words on Wheels' evening meal on third Tuesday of the month at 6pm (phone to confirm). Cooking Classes are advertised.   
Tongala	Senior Citizens Tongala 14 Cavell St Tongala. P: 5859 0750	2 course luncheon for \$5. Wednesdays at 11.30am. Bookings not required. 
	Embrace Church 9 Memorial Drive, Tongala. P: 5859 0065	Food hampers available by appointment. Monthly shared meals.  
Stanhope	Stanhope Senior Citizens Club P: 5857 2372	Bingo, morning tea, three course lunch, cards. Program varies from month to month. Contact Planned Activities Group on 5857 0268.  
Rushworth	Rushworth Community House 67 High St, Rushworth. Ph: 5856 1295	Communal Garden with seasonal organic produce. Donation if possible. 9am - 4pm Monday, Tuesday & Thursday. 9am -1pm Wednesday & Friday 