

# Emergency Crisis Services

Crisis contacts (All 24 hour services)

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

Reach Out - Online Mental Health & Wellbeing

Service – contact [www.reachout.com](http://www.reachout.com)

Counselling/ Social work

|  |                        |
|--|------------------------|
| Rochester & Elmore District<br>Health Service                  | 5484 4465              |
| Echuca Regional Health<br>Anglicare Echuca                     | 5485 5800<br>5482 0900 |
| Family mediation<br>Emergency housing<br>Financial Counselling |                        |



# ECHUCA & ROCHESTER Emergency Food & Support Services



## 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:



'Working Together for Healthy Communities'

This brochure provides information on emergency food and how to access support in the Echuca and Rochester areas.

| TOWN      | ORGANISATION  | CURRENT FOOD RELIEF PROGRAMS  |
|-----------|---|---|
| Echuca    | <b>Echuca Neighbourhood House</b><br>261 High St, Echuca P: 5482 6914                         | Monday Lunch – 12:15pm: 2 course meal for gold coin donation (if able to donate). Phone to advise attendance. “Food is free” stand and Community garden. No Interest Loans (NILS) Scheme available.     |
|           | <b>St Vincent De Paul</b><br>11 Nish St, Echuca P: 54807621                                   | Food supplied from our pantry. Mainly packaged and dry foods. Some fruit and vegetables may be available. Our opening hours Monday & Thursday 10:00am - 12:00pm.    |
|           | <b>STEPS</b> P: 5480 2357<br>Cnr Hare & Pakenham Sts, Echuca.                                 | Wednesday, Thursday and Fridays 10:00am – 1:00pm each week lunch or a snack available. Up to two bags of bread/rolls available to take home. Closed Public Holidays.   |
|           | <b>Salvation Army</b> P: 5482 6722<br>50-52 Sturt St, Echuca.                                 | Emergency Relief Program Wednesdays 10am – 12pm. Woolworths food vouchers. Assistance with utility bills. Thrift shop vouchers clothing & furniture.     |
|           | <b>Crossenvale Neighbourhood House</b><br>28 Boothman St, Echuca. P: 5480 3583                | Small amount of food available in the pantry and occasionally some veggies from the garden.     |
|           | <b>Echuca Moama Uniting Church</b><br>Cnr Hare & Pakenham Sts,<br>Echuca. P: 5482 1430        | Breakfast program Wednesday and Friday 8.30am - 9.30am.<br>Lunch Tuesday 12.30 pm - 1.30pm, gold coin donation.     |
|           | <b>Foodbank Echuca Community Church</b><br>123 Campaspe Esplanade,<br>Echuca. P: 5480 6853    | 123 Campaspe Esplanade Echuca. Jim & Pauline Aitken.<br>Open every day 9am - 5pm except Sunday.    |
|           | <b>Njernda Family Services</b> P:5482 6566<br>86 Hare Street, Echuca                          | Food parcels for the aboriginal community are available. An appointment is required. Monday–Thursday 8.30am - 4.30pm Friday 8.30am - 4pm. Community Garden.     |
| Rochester | <b>Rochester &amp; Elmore District Health Service</b><br>1 Pascoe St, Rochester P: 5484 4400  | Rochester Community Kitchen - opened every second Thursday 10:30am-12:00pm.<br>C: Katherine Watson E: k.watson@redhs.com.au    |
|           | <b>Rochester Community House</b><br>43/45 MacKay St, Rochester. P: 5484 3600                  | “Food is Free” table for people to leave or take fresh food. Available Mondays to Fridays 9.00am- 5.00pm. C: Amanda Logie E: rochcommho@communityhouse.org.au     |
|           | <b>Rochester Salvation Army</b> P: 5484 1364<br>Cnr Elizabeth & Ramsay Streets,<br>Rochester. | Open Tuesdays between 1.00pm-4.00pm. Food vouchers, food parcels and welfare support. Financial support with utility bills . Positive life style training 10 week program. Service is assessed on a needs basis C: Lorraine Harris E: lorriane.harris@aus.salvationarmy.org     |
|           | <b>St Vincent De Paul</b> P: 5484 3584<br>72 Moore St, Rochester.                             | Available Mondays 1.00pm-2.30pm. Leave message if office not attended. Individually assessed for IGA vouchers and fuel vouchers.   |