

EMERGENCY CRISIS SERVICES

CRISIS CONTACTS *(All 24 hour services)*

Police / Fire / Ambulance	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	directline.org.au 1800 888 236
<i>(alcohol & drugs)</i>	
Kids Helpline	kidshelpline.com.au 1800 551 800
Suicide Helpline	suiceline.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
Echuca Regional Health	5485 5800
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:



Echuca & Rochester Emergency Food & Support Services



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

TOWN	ORGANISATION	CURRENT FOOD RELIEF PROGRAMS
Echuca	Echuca Neighbourhood House 261 High St, Echuca Ph: 5482 6914	Monday Lunch-12:15pm 2 course meal for gold coin donation (if able to donate, excluding school holidays). Phone to advise attendance "Food is Free" Stands and Community Garden. No Interest Loans (NILS) Scheme available. Free Showers for the Homeless Mon & Thurs 10:30am-11:30am. Free Laundry Facilities Mon-Thurs 9am-2pm. 
	St Vincent De Paul 11 Nish St, Echuca Ph: 5480 7621	Food supplied from our pantry. Mainly packaged and dry foods. Some fruit and vegetables may be available. Mon & Thurs 10am-12pm. 
	STEPS Cnr Hare & Pakenham Sts, Echuca Ph: 5480 2357	Wed, Thurs, Fri 10am-1pm Lunch or a snack. Up to two bags of bread/rolls to take home (when available) Weekly Bowen therapy-Wed. Chiropractic 1st Wed, 1st Fri & 3rd Wed of the month. Footcare Nurse - Monthly. Hairdresser-Wednesdays. Closed public holidays. 
	Salvation Army 50-52 Sturt St, Echuca Ph: 5482 6722	Emergency Relief Program available fortnightly by appointment Wed 10am-12pm. Woolworths food vouchers. Assistance with utility bills. Thrift shop vouchers clothing & furniture. 
	Crossenvale Neighbourhood House 28 Boothman St, Echuca Ph: 5480 3583	Small amount of food available in the pantry and occasionally some veggies from the garden. Frozen homemade meals from foodshare Mon & Tues 10:30am-12:30pm. 
	Echuca Moama Uniting Church Cnr Hare & Pakenham Sts, Echuca Ph: 5482 1430	Breakfast Program Wednesday and Friday 8:30am-9:30am. Lunch Tuesday 12pm-1:30pm, gold coin donation. 
	Foodbank Echuca Community Church 123 Campaspe Esplanade, Echuca Ph: 5480 6853	Open 1pm-5pm Mon, Tues & Fri. 9am-12pm Wed & Thurs. 9am-12pm Saturday. Food available. 
	Njernda Family Services 82 Hare St, Echuca Ph: 5480 6252	Food parcels for the aboriginal community are available. An appointment is required. Monday to Friday 8:30am-12pm. 
Rochester	Rochester Community House 43/45 Mackay St, Rochester Ph: 5484 3600	"Food is free" table for people to leave or take fresh food. Mon-Thurs 9am-4pm. Foodshare Tues 11am-1pm. Rochester Community Kitchen Every 2nd Thurs 10am-1pm during school terms. rochy@communityhouse.org.au 
	Rochester Salvation Army Cnr Elizabeth & Ramsay Sts, Rochester Ph: 5484 1364	'Doorways' program for long term solutions. Food vouchers and welfare support. Financial support with utility bills. Positive lifestyle training 8 week program. Service is assessed on a needs basis. lorraine.harris@aus.salvationarmy.org 
	St Vincent De Paul 72 Moore St, Rochester Ph: 5484 3584	Mon 1pm-2:30pm. Leave a message if unattended. Individually assessed for IGA and fuel vouchers. St Vincent de Paul vouchers for the store available (clothing, homewares, furniture). 