

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 (alcohol & drugs)	directline.org.au 1800 888 236
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 Service	Online MentalHealth & Wellbeing Contact www.reachout.com

COUNSELLING/SOCIAL WORK

Rochester & Elmore District Health Service	5484 4465
Kyabram District Health Service	5857 0200
Anglicare Echuca Family Mediation Emergency Housing Financial Counselling	5482 0900

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'

Kyabram & District Emergency Food & Support Services



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 Rd, Kyabram Ph: 5852 0000	Monday to Friday 9:00am - 5:00pm Community Garden. Community Groups. Food hampers. Second hand clothing table.   
	St Andrews Anglican Church 33 Church St, Kyabram Ph: 0428 521 031	Free community meal Monday evenings. Doors open at 5:30 for a cuppa, to be seated by 6pm for the meal. No meals on public holidays or school holidays. 
	Salvation Army 24 Unit St, Kyabram Ph: 5853 1129	Welfare assistance - phone for an appointment. Vouchers. Food parcels: Friday 2pm - 4:30pm.  
	Living Waters Church 60 Allan St, Kyabram Ph: 5852 2022	The Rock Coffee Break is open every Thursday morning between 10am and 12pm. Free hot drinks & snacks.  
	St Vincent De Paul 111 Allan St, Kyabram Ph: 5852 2874	Monday to Friday 9am - 4pm Saturday 10am - 1pm Support Services Open 1pm - 4pm Tuesday and Friday afternoons, call before midday for an appointment. And 6pm - 8pm on the second & fourth Wednesdays, phone before 5pm for an appointment. Food Parcels and Vouchers available. Closed public holidays.  
Girgarre	Girgarre Community Cottage 27 Olympic St, Girgarre Ph: 5854 6482	Monday To Thursday 10am- 3pm. Food Parcels. Seniors weekly luncheon held first and third Tuesday of the month (phone to confirm). Monthly 'Words on Wheels' evening meal every third Thursday of the month at 6pm (phone to confirm). Cooking Classes as advertised. Community Car for medical appointments.   
Tongala	Senior Citizens Tongala 14 Cavell St, Tongala Lois: 0433 818 594 David: 0407 845 461	Weekdays 9am - 5pm Two course luncheon for \$5. Wednesdays at 11:30am. Booking not required. 
	Tongala Community Activities Centre 94 Mangan St, Tongala Ph: 5859 1268 or 0437 469 585	Mon - Thurs. Food bank (walk-in pantry). Community 'prepare & share' lunch every second Wednesday.  
Stanhope	Stanhope Senior Citizens Club 37 Birdwood Ave, Stanhope Ph: 5857 2372	Daily morning tea. Programs and activities vary from month to month. Group planned activities.  
Rushworth	Rushworth Community House 67 High St, Rushworth Ph: 5856 1295	9am - 3pm Monday, Tuesday & Thursday. 9am - 1pm Wednesday & Friday Community garden with seasonal organic produce. Donation if possible. Available 7 days. 