

Looking after ourselves & others

Community support services in Greater Shepparton



Community support services in Greater Shepparton

There are a range of support services throughout our community who can help during difficult times. This brochure outlines a few of those available.

For more information on what is outlined in this brochure email council@shepparton.vic.gov.au or phone **03 5832 9700**.




Social connection



It's important to stay connected now more than ever. If you or someone you know needs some extra support sign up for the Check & Connect service.

Reach out to those around you – call 10 people you don't speak with frequently and see how they are.

Check & Connect – Primary Care Connect

 03 5823 3200

 [primarycareconnect.com.au/
vulnerable-persons-form](https://primarycareconnect.com.au/vulnerable-persons-form)

Get Mooving

 [getmoovingshepparton.com.au/
activities-in-iso](https://getmoovingshepparton.com.au/activities-in-iso)

Community Support



Neighbourhood/Community Houses offer information, resources, support, activities, programs, training, lifelong learning and so much more. Check out your local NH House


Mooroopna Education and Activity Centre

 03 5825 1774

South Shepp Community House-

 03 5821 6172

North Shepp Community and Learning Centre

 03 5821 5770

Murchison Community House

 03 5826 2373

Tatura Community House

 03 5824 1315



Mental health



I am feeling overwhelmed.
Who can I talk to?

If you are feeling higher instances of stress and anxiety at this time reach out, you are not alone.

Headspace offers a 24/7 hotline that links you to healthcare professionals
1800 650 890


GV Health

 03 5832 2322

 [gvhealth.org.au](https://www.gvhealth.org.au)


Headspace Shepparton

(for 12-25 year olds)

 03 5823 8800

 [headspace.org.au](https://www.headspace.org.au)

Beyond Blue

 1300 22 4636

 [beyondblue.org.au](https://www.beyondblue.org.au)

Lifeline

 13 11 14

 [lifeline.org.au](https://www.lifeline.org.au)

Partners in Wellbeing

 [partnersinwellbeing.org.au](https://www.partnersinwellbeing.org.au)

HeadtoHelp

 [headtohelp.org.au](https://www.headtohelp.org.au)




Drug and alcohol support



I know I'm drinking too much and I'm finding it hard to cut down.
Who can support me?


Practical help, information and support is always available.

Australian Community Support Program (ACSO) Shepparton

 1300 022 760

 [acso.org.au](https://www.acso.org.au)

Direct Line

 1800 888 236

 [directline.org.au](https://www.directline.org.au)

Primary Care Connect

 03 5823 3200

 [primarycareconnect.com.au](https://www.primarycareconnect.com.au)




Business support



I own a business in Greater Shepparton. What support is available?

Find out about grants, support, workshops and other resources available for your business.

Business Victoria

 13 22 15

 business.vic.gov.au



Community transport



It's really difficult to get to my health appointments and do my grocery shopping. How can I get there?

Community Accessibility

 03 5831 8515

 communityaccessability.com.au

Greater Shepparton Taxi

 03 5822 2214


 greatersheppartontaxis.com

Tatura Taxis

 03 5824 3444

Jacobson

(Mooroopna Bus Services)

 03 5825 2323

 jacobsoncoachtours.com.au

Dyson Group

(Shepparton Bus Services)

 03 5831 2150

 dysongroup.com.au

♥ Family Support



Who can I speak to about support for my kids and family?

FamilyCare

☎ 03 5823 7000

🌐 familycare.net.au

Maternal Child Health at Greater Shepparton City Council

☎ 03 5832 9312

🌐 greaterhepparton.com.au

Maternal Child Health Line

☎ 13 22 29

Nurse on Call

☎ 1300 606 024

National Home Doctor Service

☎ 13 74 25

🌐 homedoctor.com.au

⚠ Family violence



I'm feeling unsafe at home. Who can I call?

Violence and abuse is never okay. These times are stressful but help is always available.

If you are unsafe or in danger call Triple Zero "000" immediately.

Marian House (Vincent Care)

☎ 03 5825 9400 (business hours)

☎ 1800 015 188 (after hours)

✉ vincentcaremariancommunity@vincentcare.org.au

🌐 vincentcare.org.au

Orange Door

☎ 1800 634 245

🌐 orangedoor.vic.gov.au

1800RESPECT

☎ 1800 737 732

🌐 1800respect.org.au

Safe Steps

☎ 1800 015 188

🌐 safesteps.org.au

Men's Referral Service

☎ 1300 766 491

🌐 ntv.org.au

Financial help



Situations are changing and this is making it difficult for people to pay expenses.

Contact the COVID Hotline or visit [coronavirus.vic.gov.au](https://www.coronavirus.vic.gov.au) to see what financial assistance you may be eligible for.

Primary Care Connect

 03 5823 3200

 [primarycareconnect.com.au](https://www.primarycareconnect.com.au)

Services Australia (Centrelink)

 136 240


 [servicesaustralia.gov.au](https://www.servicesaustralia.gov.au)

Shepparton Family & Financial Services

 03 5831 7755

Vincent Care

(Free financial counselling service)


 03 5825 9400

 [vincentcare.org.au](https://www.vincentcare.org.au)

Centrelink Disaster Recovery Payment

 [servicesaustralia.gov.au](https://www.servicesaustralia.gov.au)

MoneyCare

 1800 722 363

 [salvationarmy.org.au](https://www.salvationarmy.org.au)

Food assistance




Reaching out can be hard but it is always okay to ask for help. We are here **with** you.

Red Cross Food Relief

 1800 675 398

Rumbalara Aboriginal Co-operative


 03 5820 0000

Shepparton Family & Financial Services

 03 5831 7755

St Vincent de Paul Welfare Assist

 Shepparton: 03 5821 0317

 Mooroopna: 0437 915 732



Housing



I don't have anywhere to call 'home' right now and would like help to explore my options. Who can help me?

If you need extra support for housing reach out now.

Beyond Housing Shepparton

 03 5833 1000

 1800 825 955 (after hours)

 [beyondhousing.org.au](https://www.beyondhousing.org.au)

Department of Families, Fairness and Housing

 1300 650 172

 [dffh.vic.gov.au](https://www.dffh.vic.gov.au)



Older people



I'm in my 70's and finding general home duties challenging. Who can I talk to?

Find out more about support for older people.

Seniors Rights Victoria

 1300 368 821

 [seniorsrights.org.au](https://www.seniorsrights.org.au)

Carer respite




I look after my son who has a disability and I need to go out alone for a few hours. Where can I get support?

Respite care can be arranged in a few different ways.

It is important to take care of yourself so you can take care of others.

IntoRec (Family Care)

 03 5823 7041

 intorec@familycare.net.au

Carers Victoria

 1800 514 845

 carersvictoria.org.au

Carer Gateway

 1800 422 737

 carergateway.gov.au

People with disability



I am looking for disability support groups and services. Who can help?


For information about NDIS eligibility and access to support groups and mainstream services, contact IntoRec or Council's Access & Inclusion Officer today.

Access & Inclusion Officer at Greater Shepparton City Council

 03 5832 9700

 greatershepparton.com.au

IntoRec (Family Care)


 03 5823 7041

Intereach

 1300 488 226

 intereach.com.au

Rights Information and Advocacy Centre (RIAC)

 03 5222 5499

 riac.org.au



Young people



My teenager has become distant and I notice she's not being herself. Who can support me?

The Bridge Youth Service

03 5831 2390

shepparton@thebridge.org.au

thebridge.org.au

E-Headspace 24/7

(for 12-25 year olds)

1800 650 890

headspace.org.au

Headspace Shepparton

03 5823 8800

Youth Development Team at Greater Shepparton City Council

03 5832 9700

youth@shepparton.vic.gov.au

greatershepparton.com.au

Orange Door

(Provides support for children & young people's wellbeing)

1800 634 245

orangedoor.vic.gov.au



LGBTIQ+



I identify with the LGBTIQ+ community and would like to know more about what's happening in this space. Where can I find this information?

GV Pride

gvpride.org/contact

facebook.com/gvprideshepparton

gvprideshepparton

Team Leader Diversity at Greater Shepparton City Council

03 5832 9700

greatershepparton.com.au

Diversity Project Shepparton

03 5831 6157

diversity@vt.uniting.org

pridecentre.org.au

qLife

1800 184 527

qlife.org.au

Rainbow Door

1800 184 527

rainbowdoor.org.au



Try to be a
Rainbow in someone
else's cloud.

Thank you to all who provide support in our community

Greater Shepparton City Council

90Welsford Street, Shepparton

Phone: (03) 5832 9700 **Email:** council@shepparton.vic.gov.au

Web: www.greatershepparton.com.au Join the conversation:  



GREATER
SHEPPARTON