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.



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

Business Victoria

13 22 15 business.vic.gov.au

Greater Shepparton Business

sheppartonbusiness.com.au

Carer Respite

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.

Carers Victoria

1800 514 845

carersvictoria.org.au

Carer Gateway

1800 422 737

carergateway.gov.au

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

Murchison Community House

Q 03 5826 2373

North Shepp Community and **Learning Centre**

Q 03 5821 5770

South Shepp Community House

03 5821 6172

Tatura Community House 03 5824 1315



Community Accessibility

03 5831 8515

🕟 communityaccessability. com.au

Dyson Group

(Shepparton Bus Services)

03 5831 2150

dysongroup.com.au

Jacobson

(Mooroopna Bus Services)

03 5825 2323

iacobsoncoachtours.com.au

Drug and **Alcohol Support**

Practical help, information and support is always available.

Australian Community Support Program (ACSO) Shepparton **1300 022 760**

acso.org.au

Direct Line

1800 888 236 directline.org.au

Family Support

Caroline Chisholm Society (1800 134 863

caroline.org.au

FamilyCare

03 5823 7000 🕟 <u>familycare.net.au</u>

Greater Shepparton

Lighthouse Project

0419 555 939 🕟 gslp.com.au

Maternal Child Health at **Greater Shepparton City** Council

Q 03 5832 9312

greatershepparton.com.au

Maternal Child Health Line

Q 13 22 29

National Home Doctor Service U 13 74 25

nomedoctor.com.au

Nurse on Call

Q 1300 606 024

1 Family Violence

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.

1800RESPECT

1800 737 732

1800respect.org.au

Marian House (Vincent Care)

03 5825 9400 (business hours)

📞 1800 015 188 (after hours) vincentcare.org.au

Men's Referral Service

1300 766 491

ntv.org.au

Orange Door

1800 634 245

orangedoor.vic.gov.au

Safe Steps

For more information on what is outlined in this

poster email council@shepparton.vic.gov.au

1800 015 188 safesteps.org.au

Financial Help

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

AgBiz Assist

1300 834 775

agbizassist.org.au

MoneyCare

(3 1800 722 363

salvationarmy.org.au

Salvation Army

03 8873 5288 salvationarmy.org.au

Services Australia (Centrelink)

136 240

servicesaustralia.gov.au

Shepparton Family & Financial Services

O 03 5831 7755

Vincent Care

(Free financial counselling service)

03 5825 9400

vincentcare.org.au

| | Food Assistance

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

Salvation Army

3 03 8873 5288

salvationarmy.org.au/

Shepparton Family & Financial Services

03 5831 7755

St Vincent de Paul Welfare Assist

Shepparton: 03 5821 0317 Mooroopna: 03 8199 4243

Nospitals & **Health Services**

GV Health

Q 03 5832 2322

🕟 gvhealth.org.au

Mental Health & Wellbeing

(300 000 559

betterhealth.vic.gov.au

Primary Care Connect

03 5823 3200 n primarycareconnect.com.au

Priority Care Clinic 03 5823 3132

shepmed.mthc.com.au/ppcc

Rumbalara Aboriginal Co-Operative

03 5820 0000 🕟 <u>rumbalara.org.au</u>

VVED (Victorian Virtual

Emergency Department) vved.org.au – then register

Housing/ **Homelessness**

If you need extra support for

housing reach out now. **Beyond Housing Shepparton**

03 5833 1000 (1800 825 955 (after hours)

beyondhousing.org.au Department of Families,

Fairness and Housing 1300 650 172 dffh.vic.gov.au

Rumbalara Homelessness & **Housing Support**

Ph: 5820 0000 numbalara.org.au/service/ homelessness-housing-support/

Salvocare (Social Services) O3 5820 8000

salvationarmy.org.au/ shepparton

Legal Help

Goulburn Valley Community Legal Centre (ARC Justice)

Q 03 5831 0900

1800 310 900 arcjustice.org.au

LGBTIQA+

Diversity Project Shepparton

03 5831 6157 diversity@vt.uniting.org

pridecentre.org.au

GV Pride **Quantity** gypride.org/contact facebook.com/

gvprideshepparton

qLife

(1800 184 527

🜎 <u>qlife.org.au</u>

Rainbow Door 1800 729 367

nainbowdoor.org.au

Mental Health

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

13YARN (Aboriginal & Torres Straight Islanders Crisis Support Line)

13 92 76

313yarn.org.au

Beyond Blue 1300 22 4636

beyondblue.org.au

Head to Health **1800 595 212**

neadtonealth.gov.au **Headspace Shepparton**

(for 12-25 year olds)

3 03 5823 8800 headspace.org.au Headspace 1800 650 890 (9am-1pm - 365 days year)

Lifeline

13 11 14 lifeline.org.au

Mental Health & Wellbeing Local **1300 000 559** wellways.org

Wellways **(300 111 400)** wellways.org

Multicultral Support **Services**

Ethnic Council of Shepparton & District

03 5831 2395

ethniccouncil.com.au

Translator Services 1800 560 760 (press 9)

Older People

Find out more about support for older people.

Seniors Rights Victoria (300 368 821) seniorsrights.org.au

People with Disability

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

ConnectGV (03) 5821 2466

connectgv.com.au Intereach

31300 488 226 intereach.com.au

IntoRec (Family Care) 03 5823 7041

🕟 <u>familycare.net.au</u> **Rights Information and**

Advocacy Centre (RIAC) 03 5222 5499

riac.org.au **Shepparton Access** (03) 5831 6180

Places of Worship Visit the Greater Shepparton

Great Things Happen Here

website for a listing of places of

sheppaccess.com.au

worship. greatthings.com.au/ places-of-worship



GV CASA (Centre Against Sexual Assault)

gvcasa.com.au/contact_us

1800 806 292

ses.vic.gov.au Vic Emergency

1800 226 226 emergency.vic.gov.au You can download the VicEmergency app from the

App Store or Google play

Social Connection

houses or the links below to get

involved and stay connected.

x getmoovingshepparton.

com.au/activities-in-the-park

Greater Shepparton

Community Group and

greatershepparton.

Sports Club Directory

com.au/community/

community-directory

Volunteer Opportunities

volunteer-opportunities

As extreme weather

ABC Local 107.9 FM,

594 AM & 774 AM

367 617

cfa.vic.gov.au

132 500

events are occurring more

frequently, be prepared for

ABC Radio (local ABC radio)

CFA (Country Fire Authority)

SES (State Emergency Service)

Emergency radio broadcast

an emergency situation.

greatershepparton.com.

au/community/volunteering/

Weather Emergency

Visit our neighbourhood

Get Mooving



Berry Street

berrystreet.org.au Foyer Foundation – Youth Foyer

Q 0438 716 974 or 03 5822 8100

Q 03 5823 8800

(03) 5822 8100

n foyer.org.au **Headspace Shepparton**

headspace.org.au Olly (The Greater Shepparton

Lighthouse project) **Q** 0419 555 939 gslp.com.au

Q 03 5831 2390 shepparton@ thebridge.org.au

The Bridge Youth Service

Uniting

(03) 5831 6157

thebridge.org.au

unitingvictas.org.au







or phone 03 5832 9700.