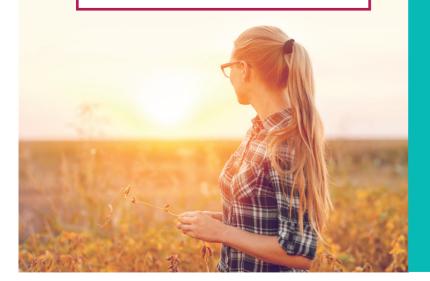
The Coronavirus COVID-19 pandemic is causing unprecedented challenges for everyone. Many individuals, families and communities find themselves needing support and it can be daunting to ask for help, and to know where to start.

Please know that there are many organisations located in the South Burnett that are dedicated to providing support to people when they need it. Many of their usual services have been adapted to suit Coronavirus COVID-19 restrictions.

Overleaf is a list of services that are available to the community. These organisations are happy to respond to your enquiry about availability of services and are also excellent sources of information, resources, community connection and referrals for additional assistance.

Taking care of your wellbeing

Discussions and concerns around the Coronavirus COVID-19 outbreak and practising self-isolation can be stressful and impact our mental health and wellbeing. It's natural to feel a range of emotions, such as stress, worry, anxiety, boredom, or low mood. Many people feel distressed by the constant news and overwhelming amount of information about the situation. For tips on maintaining good mental health, information on how to access mental health services, information for parents, and how to keep older Australians safe and connected by helping them get established online go to headtohealth.gov.au/covid-19-support/covid-19



Understanding Coronavirus COVID-19

What are the symptoms of Coronavirus COVID-19?

What should I do if I suspect I have Coronavirus COVID-19? Call the Darling Downs Health Service on 1800 490 468

www.health.qld.gov.au/darlingdowns





















More information about community support in the South Burnett can be found at www.southburnett.qld.gov.au

southburnettregion frayofsunshinesouthburnett

For real-time emergency information from Council, Emergency Services and Ergon go to dashboard.southburnett.qld.gov.au

This brochure has been funded by Queensland Reconstruction Authority. www.getready.qld.gov.au

Community Relief and Support Agencies in the South Burnett









Community Relief and Support Agencies in the South Burnett

ALCOHOL AND DRUG COUNSELLING	
Lives Lived Well	00 727 957
AGED CARE SUPPORT	
Care Army18 A volunteer service for vulnerable Queenslanders during	00 173 349 g COVID-19.
Centacare Community Services Home care packages, centre respite, carer support, hon modification and therapies.	. 3324 3799 ne
Orana Lutheran Services	. 4162 6555 ervices,
South Burnett Care	al appts,
BUSINESS SUPPORT	
Working to support Burnett inland business communities t conversations and group sessions, making connections an relevant information and resources.	hrough 1:1
CORONAVIRUS INFORMATION	
National Coronavirus Helpline (24/7)18 Call this line for information about Coronavirus COVID-	
DISABILITY SUPPORT	
Centacare Community Services	. 3324 3799 Centacare
Disability Information Helpline 18 Providing information and referrals for people with a diswho need help because of Coronavirus COVID-19.	
Orana Lutheran Services	.4162 6555
South Burnett Care	n, e and group odation,
South Burnett CTC Inc. Disability support services, NDIS, respite care, in-home community support, support coordination and plan ma	support,

DOMESTIC VIOLENCE SUPPORT 1800 Respect

1800 737 732

UnitingCare 4160 4600

FAMILY SUPPORT

Graham House Community Centre 4169 8400
UnitingCare 4160 4600

FINANCIAL ASSISTANCE

HEALTH ADVICE

MEALS ON WHEELS

MENTAL HEALTH SUPPORT

Payand Plua	1200 224 626
Beyond Blue	1300 224 636
Lifeline	13 11 14
Lives Lived Well	1300 971 309
Mensline	1300 789 978
Suicide Call Back	1300 659 467
Rural and Remote Mental Health	

SELF ISOLATION SUPPORT

SHOPPING - PRE ORDER & HOME DELIVERY

www.woolworths.com.au
Online ordering for in-store collection.

Murgon Supa IGA4168 3411
Pre-order available for in-store collection and home deliveries.

YOUTH SUPPORT

 Kids Helpline
 1800 55 1800

 South Burnett Care
 4162 7300

Personal care, domestic assistance and meal prep, life skills programs, centre programs, small group programs, individual support, short term accommodation, respite services, community access and shopping, personal training, home maintenance, supported accommodation and therapy support.

Unite against COVID-19



4168 5407