

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.

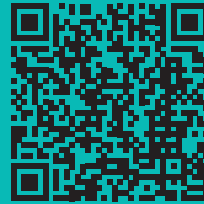
Overleaf, is a list of services that are available to the community. These organisations are happy to respond to your enquiry about availability of services and are also excellent sources of information, resources, community connection and referrals for additional assistance.

Taking care of your wellbeing

Taking some 'me time' is important. And it also helps strengthen your mental 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 events. For tips on maintaining good mental health, information on how to access mental health services, go to



SOUTH BURNETT LOCAL DISASTER RECOVERY



<https://www.southburnett.qld.gov.au/recovery/severe-weather-event>



Assistance provided through the jointly-funded Commonwealth-State Disaster Recovery Funding Arrangements (DRFA).



Australian Government



Queensland Government



SOUTH BURNETT
REGIONAL COUNCIL



southburnettregion



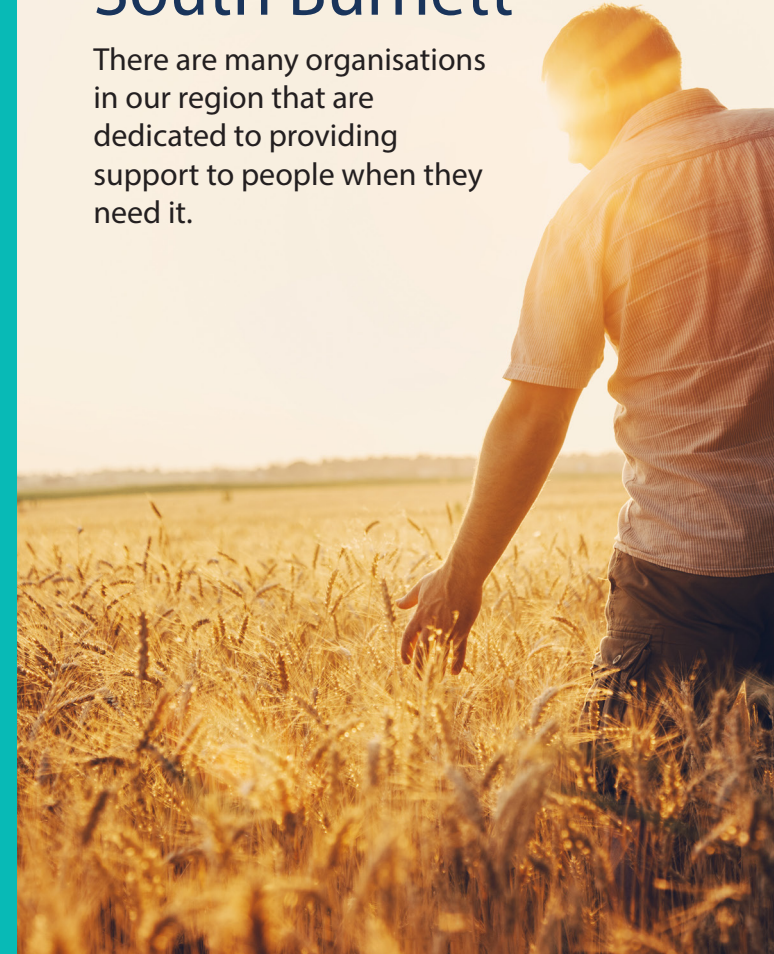
rayofsunshinesouthburnett

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

Disclaimer: Information is correct as of 1 March 2023
As Government advice changes regularly, we recommend you make contact direct with businesses and organisations listed in this pamphlet to confirm their service offerings.

Community Relief and Support Agencies in the South Burnett

There are many organisations in our region that are dedicated to providing support to people when they need it.



SOUTH BURNETT
REGIONAL COUNCIL

Community Relief and Support Agencies in the South Burnett

ALCOHOL AND DRUG COUNSELLING

Lives Lived Well 1300 727 957
Alcohol and other drugs counselling.
<https://www.liveslivedwell.org.au/>

AGED CARE SUPPORT

Centacare Community Services 3324 3799
Home care packages, centre respite, carer support, home modification and therapies.
<https://centacare.com/>

Orana Lutheran Services 4162 6555
Home care including Fee for Service if needed, CHSP services, residential respite and residential care.
<https://www.lutheranservices.org.au/retirement-living/orana/>

South Burnett Care 4162 7300
Support to over 65s or over 50s (indigenous) including unaccompanied shopping, domestic assistance, medical appts, respite as needed and welfare checks in the home as required.
<https://www.sbcare.org.au/>

BUSINESS SUPPORT

BIEDO 0400 695 456
Working to support Burnett inland business communities through 1:1 conversations and group sessions, making connections and sharing relevant information and resources.
<https://www.biedo.org.au/>

CORONAVIRUS INFORMATION

National Coronavirus Helpline (24/7) 1800 020 080
Call this line for information about Coronavirus COVID-19.
<https://www.health.gov.au/contacts/national-coronavirus-helpline>

DISABILITY SUPPORT

Centacare Community Services 3324 3799
Services and supports, NDIS, transport, mental health, Centacare Choices and behaviour support.
<https://centacare.com/>

Disability Information Helpline 1800 643 787
Providing information and referrals for people with a disability who need help because of Coronavirus COVID-19.
<https://www.medhealth.com.au/solutions/disability-information-helpline/>

Orana Lutheran Services 4162 6555
Home care, CHSP (selected), NDIS.
<https://www.lutheranservices.org.au/retirement-living/orana/>

Emerge Supports 0478 706 674
Psychosocial recovery coaching and peer support, etc.
<http://emergesupports.com/>

South Burnett Care 4162 7300
NDIS disability support services, support coordination, plan management, personal care, domestic assistance and meal prep, life skills programs, centre & online small group programs, support coordination, short term accommodation, respite services, community access and shopping, supported accommodation, therapy support.
<https://www.sbcare.org.au/>

South Burnett CTC Inc. 4162 9081
Disability support services, NDIS, respite care, in-home support, community support, support coordination and plan management.
<https://sbctc.com.au/>

DOMESTIC VIOLENCE SUPPORT

1800 Respect 1800 737 732
<https://www.1800respect.org.au/>

DV Connect 1800 811 811
<https://www.dvconnect.org/>

South Burnett CTC Youth and Family Kingaroy 4162 7788
Youth homelessness services, family support services, domestic and family violence support services.
<https://sbctc.com.au/>

South Burnett Youth and Family Murgon 4169 5940
Domestic and family violence support services.
<https://sbctc.com.au/youth-and-family>

UnitingCare 4160 4600
<https://unitingcare.org.au/>

FAMILY SUPPORT

Centacare Family Relationship Services 4162 5439
Sexual assault counselling, family and relationship counselling, community centre.
<https://centacare.com/>

South Burnett CTC Youth and Family Kingaroy 4162 7788
Youth homelessness services, family support services, domestic and family violence support services.
<https://sbctc.com.au/>

Graham House Community Centre 4169 8400
<https://grahamhouse.org.au/>

UnitingCare 4160 4600
<https://unitingcare.org.au/>

FINANCIAL ASSISTANCE

Centrelink Online Services Support 132 307
<https://www.servicesaustralia.gov.au/>

Graham House Community Centre 4169 8400
Emergency relief, no interest loans and family support.
<https://grahamhouse.org.au/>

Rural Financial Counselling Service 4622 5500
<https://www.rfcssq.org.au/>

QUEENSLAND GOVERNMENT ASSISTANCE

QRIDA 1800 623 946
<https://www.qrida.qld.gov.au/>

Department of Agriculture and Fisheries 13 25 23
<https://www.daf.qld.gov.au/>

MENTAL HEALTH SUPPORT

Beyond Blue 1300 224 636
<https://www.beyondblue.org.au/>

Lifeline 13 11 14
<https://www.lifeline.org.au/>

Lives Lived Well 1300 971 309
NewAccess low intensity mental health support.
<https://www.liveslivedwell.org.au/>

Mensline 1300 789 978
<https://mensline.org.au/phone-and-online-counselling>

Suicide Call Back 1300 659 467
<https://www.suicidecallbackservice.org.au/>

Rural and Remote Mental Health 1300 515 951
Training, mental health promotion and suicide prevention.
<https://rrmh.com.au/>

Head to Health 1800 595212
<https://www.headtohealth.gov.au/>

EMERGENCY RELIEF

Regional Housing Limited 1800 173 349
Financial Counselling and Emergency Relief
<https://www.regionalhousing.org.au/>

YOUTH SUPPORT

Kids Helpline 1800 55 1800
<https://kidshelpline.com.au/>

South Burnett Care 4162 7300
<https://www.sbcare.org.au/>

South Burnett Youth and Family Murgon 4169 5940
<https://sbctc.com.au/youth-and-family>

South Burnett CTC Youth and Family 4162 7788
<https://sbctc.com.au/>

Yourtown 3462 4100
<https://www.yourtown.com.au/>

