

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?

Symptoms reported in identified cases of Coronavirus COVID-19 include fever, a cough, sore throat, fatigue and shortness of breath.

What should I do if I suspect I have Coronavirus COVID-19?

Call the Darling Downs Health Service on **1800 490 468** (8am to 5pm Monday to Friday) if you suspect you may be experiencing symptoms of Coronavirus COVID-19.

For further information on Coronavirus COVID-19, visit www.health.qld.gov.au/darlingdowns



Stay home if you are unwell



Wash your hands frequently



Cover your coughs and sneezes



Keep 1.5 metres away from each other



Avoid touching your face



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

southburnettregion rayofsunshinesouthburnett

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

Disclaimer: Information is correct as of 13 May 2020. 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 during the Coronavirus COVID-19 outbreak.

Unite against COVID-19



Community Relief and Support Agencies in the South Burnett

ALCOHOL AND DRUG COUNSELLING

Lives Lived Well 1300 727 957
Alcohol and other drugs counselling.

AGED CARE SUPPORT

Care Army 1800 173 349
A volunteer service for vulnerable Queenslanders during COVID-19.

Centacare Community Services 3324 3799
Home care packages, centre respite, carer support, home modification and therapies.

Orana Lutheran Services 4162 6555
Home care including Fee for Service if needed, CHSP services, residential respite and residential care.

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.

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.

CORONAVIRUS INFORMATION

National Coronavirus Helpline (24/7) 1800 020 080
Call this line for information about Coronavirus COVID-19.

DISABILITY SUPPORT

Centacare Community Services 3324 3799
Services and supports, NDIS, transport, mental health, Centacare Choices and behaviour support.

Disability Information Helpline 1800 643 787
Providing information and referrals for people with a disability who need help because of Coronavirus COVID-19.

Orana Lutheran Services 4162 6555
Home care, CHSP (selected), NDIS.

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.

South Burnett CTC Inc. 4162 9081
Disability support services, NDIS, respite care, in-home support, community support, support coordination and plan management.

DOMESTIC VIOLENCE SUPPORT

1800 Respect 1800 737 732

DV Connect 1800 811 811

South Burnett CTC Youth and Family Kingaroy 4162 7788
Youth homelessness services, family support services, domestic and family violence support services.

South Burnett Youth and Family Murgon 4169 5940
Domestic and family violence support services.

UnitingCare 4160 4600

FAMILY SUPPORT

Centacare Family Relationship Services 4162 5439
Sexual assault counselling, family and relationship counselling, community centre.

South Burnett CTC Youth and Family Kingaroy 4162 7788
Youth homelessness services, family support services, domestic and family violence support services.

Graham House Community Centre 4169 8400

UnitingCare 4160 4600

FINANCIAL ASSISTANCE

Centrelink Online Services Support 132 307

Graham House Community Centre 4169 8400
Emergency relief, no interest loans and family support.

HEALTH ADVICE

13 HEALTH 13 43 25 84
For health advice, including over the phone nurse assessments.

MEALS ON WHEELS

South Burnett Care 4162 7300
Pick up and delivery available for heat and eat meals.

MENTAL HEALTH SUPPORT

Beyond Blue 1300 224 636

Lifeline 13 11 14

Lives Lived Well 1300 971 309
NewAccess low intensity mental health support.

Mensline 1300 789 978

Suicide Call Back 1300 659 467

Rural and Remote Mental Health 0400 104 332
Training, mental health promotion and suicide prevention.

SELF ISOLATION SUPPORT

Community Recovery Hotline 1800 173 349
Linking quarantined and vulnerable Queenslanders to essential services and support. Staff can work with partner organisations across the South Burnett to arrange non-contact delivery of essential food and medication to people in quarantine with no other means of support.

SHOPPING – PRE ORDER & HOME DELIVERY

Andersson's Fruit Market 4162 2874
Pre-order and home delivery within Kingaroy.

Kingaroy Supa IGA 4162 3622
Home delivery and pre-order available. Home Deliveries within Kingaroy Monday to Friday (24 hour notice).

Murgon Fruit Mart 4168 1138
Click and collect available.

Nanango Supa IGA 4163 1504
Home delivery service Monday to Friday (same day delivery).

Wondai IGA 4168 5407
Pre-order available for in-store collection.

Woolworths Kingaroy 4172 8302
www.woolworths.com.au
Online ordering for in-store collection.

Murgon Supa IGA 4168 3411
Pre-order available for in-store collection and home deliveries.

Yarraman IGA 4163 8500
Home deliveries to Yarraman Monday, Wednesday and Friday. Blackbutt/Benarkin Monday and Wednesday. Orders to be placed previous day.

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.

South Burnett Youth and Family Murgon 4169 5940
Youth support services, domestic and family violence support services, financial counselling and family support.

South Burnett CTC Youth and Family 4162 7788
Youth homelessness services, family support services, domestic and family violence support services.

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