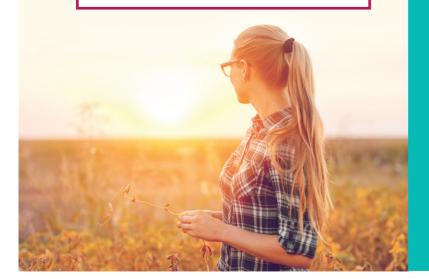
The Coronavirus COVID-19 pandemic is causing unprecedented challenges for everyone. Many individuals, families and communities find themselves needing support and it can be daunting to ask for help, and to know where to start.

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







hands frequently















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	1300 727 957	
AGED CARE SUPPORT		
Care ArmyA volunteer service for vulnerable Queenslanders	1800 173 349 during COVID-19	
Centacare Community Services Home care packages, centre respite, carer suppor modification and therapies.	3324 3799 t, home	
Orana Lutheran Services Home care including Fee for Service if needed, CH residential respite and residential care.		
South Burnett Care Support to over 65s or over 50s (indigenous) incluunaccompanied shopping, domestic assistance, no respite as needed and welfare checks in the home	ding nedical appts,	
BUSINESS SUPPORT		
Working to support Burnett inland business commur conversations and group sessions, making connectic relevant information and resources.	nities through 1:1	
CORONAVIRUS INFORMATION		
National Coronavirus Helpline (24/7) Call this line for information about Coronavirus CC		
DISABILITY SUPPORT		
Centacare Community Services Services and supports, NDIS, transport, mental he Choices and behaviour support.	3324 3799 ealth, Centacare	
Disability Information Helpline Providing information and referrals for people wit who need help because of Coronavirus COVID-19.	h a disability	
Orana Lutheran Services	4162 6555	
South Burnett Care	nation, stance and mall group ommodation,	
, 12 11		

DOMESTIC VIOLENCE SUPPORT 1800 Respect 1800 737 732 **DV Connect** 1800 811 811 South Burnett CTC Youth and Family Kingarov 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** 4162 7300 **South Burnett Care** 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

1300 659 467

.0400 104 332

Suicide Call Back.

Rural and Remote Mental Health...

Training, mental health promotion and suicide prevention.

SELF ISOLATION SUPPORT

Community Recovery Hotline	1800 173 349
Linking quarantined and vulnerable Queensland	
services and support. Staff can work with partner	
across the South Burnett to arrange non-contact	
essential food and medication to people in quara	antine with no
other means of support.	
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SHOPPING – PRE ORDER & HOME DELIV	ERY
Andersson's Fruit MarketPre-order and home delivery within Kingaroy.	4162 2874
Kingaroy Supa IGA Home delivery and pre-order available. Home Deli Kingaroy Monday to Friday (24 hour notice).	
Murgon Fruit MartClick and collect available.	4168 1138
Nanango Supa IGA Home delivery service Monday to Friday (same day	
Wondai IGAPre-order available for in-store collection.	4168 5407
Woolworths Kingaroywww.woolworths.com.au Online ordering for in-store collection.	4172 8302
Murgon Supa IGA Pre-order available for in-store collection and hom	4168 3411 e deliveries.
Yarraman IGA	and Friday.

YOUTH SUPPORT

placed previous day.

Kids Helpline	55 1800
South Burnett Care	kills vidual me
South Burnett Youth and Family Murgon	

Unite against COVID-19

