

Flood Phone Guide

Flood Recovery

Small business support Free, confidential, one on one support to improve financial, business and emotional wellbeing www.partnersinwellbeing.org.au/small-business-support	1300 375 330
---	--------------

Flood Assistance

Flood Recovery Hotline (Victoria) • clean-up services • finding a place to stay • financial support • mental health and wellbeing support The hotline is open from 8.30am - 5pm, Monday to Friday	1800 560 760
AgBiz Assist Service for small business and primary producers	1300 834 775

Emergency Food & Relief - Material Aid

Kyabram Community Learning Centre	5852 0000
St Vincent de Paul • Rochester • Echuca • Kyabram • Rushworth	5484 3584 5480 7621 5853 2473 0417 597 468
Salvation Army • Rochester • Echuca • Kyabram	5484 1364 5482 6722 5853 2684
Njernda Family Services	5480 6252
Rochester Community House	5484 3600
Kyabram Community & Learning Centre	5852 0000
Girgarre Community Cottage	5854 6482
Tongala Community Activities Centre	5859 1268
Rushworth Community House	5856 1295
Echuca Neighbourhood House	5482 6914
Crossenvale Neighbourhood House	5480 3583
Carers Support Services Bendigo Health	1800 068 978

Mental Health Support

Reach out to someone you trust to assist you to get help	
Ring Mental Health triage for hospital crisis and suicide support	1300 363 788 1800 800 744 (NSW)
Ring LifeLine or Suiceline	13 11 14 1300 657 251
For immediate danger or concern	000

Campaspe Shire Council's Flood Recovery Program is generously funded by the State of Victoria through Emergency Recovery Victoria's Recovery Hubs Program in response to the October 2022 flood event which impacted Victorian communities in the Shire of Campaspe.

Keeping Mentally Well

HeadtoHealth Talk with a trained mental health professional who will work with you to develop support services www.headtohealthvic.org.au	1800 595 212
Partners in Wellbeing One-on-one wellbeing coaching and support to people 16+ experiencing stress, anxiety, worry or being overwhelmed	1300 375 330
Echuca Regional Health wellbeing group supports – Drumbeat, parenting programs, community inclusion group, mindfulness etc	5485 5800

Child Wellbeing - Family Services

The Orange Door Loddon 486 High St Echuca 57 View St Bendigo	1800 512 359
Child protection services	13 12 78 (Victoria) 13 21 11 (NSW)

Family Violence

The Orange Door Loddon 486 High St Echuca 57 View St Bendigo www.orangedoor.vic.gov.au	1800 512 359
Safe Steps Referral to family violence services – Victoria	1800 015 188
1800 Respect Support and case management for sexual assault and family violence	1800 737 732

Rural/Farming

Agriculture Victoria	136 186
Rural Financial Counselling Services	1300 834 775
Rural Aid www.ruralaid.org.au	1300 327 624
Australian Government Farmer Assistance hotline	132 316

Support Line/Counselling 24/7

Lifeline Crisis support, suicide prevention and mental health	13 11 14 or text 0477 13 11 14 (24/7)
Beyond Blue Immediate help for depression and anxiety	1300 224 636
Kids helpline Counselling for young people aged 5-25	1800 55 1800
QLife LGBTIQA+ peer support and referral	1800 184 527
Directline Alcohol and drug counselling and support	1800 888 236
Yarning Safe'n'strong Social and emotional wellbeing for Aboriginal Victorians	1800 959 563
Dardi Munwurro - Brother to Brother Crisis line for Aboriginal men	1800 435 799