

## **Support to Njernda Community during our Christmas Break**

Below is a list of supports for community during Njernda's Christmas closure period.

We will be closed from Monday 20<sup>th</sup> December & reopen Tuesday 4<sup>th</sup> January 2022.

Information provided includes COVID-19 information, isolation and support services; Medical support; telephone counselling support

- **COVID Advice**

- Victoria COVID Advice Line 1800 675 398
- National COVID Advice Line 1800 020 080
- COVID Swabbing Echuca @ Rotary Park <https://erh.org.au/home/covid-screening-clinic-hours/>
- NJERnda COVID positive emergency relief phone 0439648433

- **COVID Food relief:**

- Shire of Campaspe 5481 2200.
- Calling the Coronavirus Hotline on 1800 675 398.
- ERH can direct you to food relief services at this time call them on 5485 5000.

- **How to order home delivery groceries services:**

- Woolworths click and deliver services
  1. Go to <https://www.woolworths.com.au/>
  2. Create an account
  3. Select food you want
  4. Enter address and delivery option
  5. Check out and choose time and day of delivery
  6. Enter and pay
  7. Ensure you select a contactless option
- Menu Log for take away option.
  1. Download app to phone
  2. Create an account and add location
  3. Select food option
  4. Pay via card through app
  5. It will be delivered to your selected address
  6. They can leave at door as a contactless delivery

- **Health Medical and Wellbeing assistance**

- **Wellbeing assistance options**

***Isolation can be hard at the best of times but over the Christmas break it can be very trying below are resources to access if you are struggling with your mental health at this time.***

- Lifeline Australia (Crisis Support) 13 11 14
- Suicide callback line 1300 659 467
- Kids Helpline (Ages 5 – 25) 1800 551 800
- Beyond Blue (Depression/Anxiety) 1300 224 636
- NSW Mental Health Line 1800 011 511
- Headspace (Ages 12 – 25) 1800 650 890
- Parent line (Birth-18 years) 13 22 89
- Safe Steps (Family Violence) 1800 015 188
- GLBTI Support 1800 184 527
- Sexual Assault Crisis Line 1800 806 292

- Grief Line (Loss & Grief) 1300 845 745
- Direct line (Drug use) 1800 888 236
- Family Drug Help 1300 660 068
- Suicide Line 1300 651 251
- PANDA (Post or ante natal depression) 1300 726 306

### Medical assistance options

- 000 in emergencies
- Echuca Regional Health Emergency Department 54855000
- Nurse on Call (24/7 free phone service) 1300 606024
- After Hours GP Helpline 1800 022 222
- Other local General Practices: Amcal Medical Centre, Rich River Health Group, Dove Medical, Echuca Moama Family Medical Practice, Moama Medical Centre, Echuca Primary Care Clinic.

### Pharmacies

- **Coburn & Reid**  
Days closed- December Saturday 25<sup>th</sup>, Sunday 26<sup>th</sup>, Monday 27<sup>th</sup> & Tuesday 28<sup>th</sup>- No deliveries available.
- **Moama Village**  
Days Closed- December Saturday 25<sup>th</sup>, Monday 28<sup>th</sup>, Saturday 1<sup>st</sup> Jan & Monday 3<sup>rd</sup> Jan. Deliveries- Monday-Friday no Weekends
- **Pharmasave Rich River**  
Days Closed- December Saturday 25<sup>th</sup>, Sunday 26<sup>th</sup> Monday 27<sup>th</sup> Tuesday 28<sup>th</sup> & Monday 3<sup>rd</sup> Jan.

### Other Support

- **Bushfire**
  - <https://www.emergency.vic.gov.au/respond/?address-search=echuca>
  - Community Information CFA
  - <https://www.cfa.vic.gov.au/community-information-guides>
  - In case of a bushfire the safe areas in Echuca are:
    1. Football oval near the CFA station
    2. Old south school oval
    3. Vic Park
- **Asthma Warning**
  - <https://www.health.vic.gov.au/environmental-health/epidemic-thunderstorm-asthma-risk-forecast>
- **Heat Alert**
  - <https://www.health.vic.gov.au/environmental-health/heat-health-alert-status>

**Remember to wear masks and use hand hygiene techniques**

**Please be safe and have a great Christmas break**