

WHERE TO GET HELP

If you need support to self-isolate, you can contact a variety of services. They may be able to help you or refer you to someone who can. Keep this list on your fridge.

COVID-19 information

- Call 13 COVID (13 26843)
- Download the Service WA app
- Visit: <http://www.wa.gov.au>

Health services

Please note that most GPs and health services can provide video-call appointments:

- HealthDirect: 1800 022 222
- Great Southern Aboriginal Health Service: 9892 7222
- Palmerston Albany: 9892 2100
- Amity Health: 9842 2797
- Emergency: 000

GPs

- Plantagenet Medical Group: 9892 1000

Pharmacies

Ask for home delivery or postal options

- Mt Barker Country Chemist: 9851 1010

Wellbeing & Crisis Helplines

- Lifeline: 13 11 14
- Beyond Blue: 1300 224 636
- Rural Link: 1800 552 002
- Kids Helpline: 1800 551 800
- MensLine: 1300 789 978
- Elder Abuse Helpline: 1300 724 679
- Alcohol & Drug Support Line: 1800 198 024
- 1800 Respect: 1800 737 732
- Child Protection & Family Support Crisis Care: 1800 199 008
- Carers WA: 1800 007 332

Financial support

- [Services Australia](#): 18 022 66
(COVID-19 crisis payments)
- [WA Department of Communities](#):
6154 0508
(COVID-19 test isolation payment)

Family & household support

- Mt Barker Community Resource Centre: 9851 2674
- Frankland River Community Resource Centre: 9855 2310
- Great Southern Migrant Resource Centre: 9841 1190
- Albany Youth Support Association (support for people aged 12-25): 9842 2082
- Dept of Communities (family and housing support): 6277 4100
- PIVOT (emergency relief items, housing support): 9842 9699
- Southern Aboriginal Corporation: 9842 7777
- Southern Agcare: 9827 1552
- Anglicare (family support): 9845 6666
- Wanslea (family support): 9843 0077
- Translating & Interpreting Service: 131 450

