

Our COVID Recovery

Stay safe

COVID-19 has had a profound impact on our lives. The signs are positive that the spread of the disease can be reduced with the right approach. To maintain low case numbers we need to be careful and keep up the good work.

As restrictions ease it remains as important as ever to follow the rules on physically distancing, hand washing and mask wearing. You should also get tested if you display even the mildest of symptoms.

Financial hardship

These are unprecedented times and we know many people are doing it tough. If you are experiencing financial hardship, please contact us as soon as possible to discuss your options. Payment plans can be tailored to meet your personal circumstances.

You can contact our revenue team by phone on **5261 0600**. You can also apply for a payment arrangement online. Visit **www.surfcoast.vic.gov.au/about-us/permits-and-forms** and click on 'Rates'.

Wellbeing

Living in a pandemic is a new experience for almost all of us. It has brought about all sorts of challenges which is impacting on our mental health and wellbeing.

If you or someone you know is struggling, please ask for help. It is not a sign of weakness, in fact it shows strength to recognise when it's time to reach out. There is a list of support agencies on the back of this brochure.



DISTANCE



HYGIENE



COVER UP



GET TESTED

Let's keep our Surf Coast
COVID SAFE





HOW TO GET HELP

Emergency & food relief

Uniting Barwon – Winchelsea

p. 0419 535 490

Torquay Food Aid

p. 0409 614 630

e. torquayfoodaid@gmail.com

Feed Me Surf Coast

e. feedmesurfcoast@gmail.com

SalvoConnect Barwon

South West

p. 5223 9200

(Monday to Friday, 9am–3pm)

Bethany Community Support

p. 5278 8122

(Monday to Friday, 9am–5pm)

Foodlink Anglesea

p. 5263 2116

e. admin@anglesea.org.au

St. Vincent De Paul

p. 52219170 (before midday).

Need help with everyday tasks?

Surf Coast Angels

p. 0428 563 014

e. SurfcoastAngels@gmail.com

Housing and accommodation

SalvoConnect Barwon South

West (Adult)

p. 5223 5461

(Monday to Friday, 9am–3pm)

Barwon Child, Youth and Family

(Youth)

p. 5226 8900

(Mon to Fri, 9am–5pm)

Crisis Accommodation

p. 1800 825 955 (24 hours/7 days)

Family violence

The Orange Door

p. 1800 312 820

(Mon to Fri, 9am–5pm)

e. barwon@orangedoor.vic.gov.au

The Sexual Assault and Family

Violence Centre

p. 5222 4318

(Mon to Fri, 9am–5pm)

e. reception@safvcentre.org.au

Safe Steps

p. 1800 015 188

(24-hour phone service)

e. safesteps@safesteps.org.au

With Respect

withrespect.org.au

Call 1800 542 847

Mental health

headspace Geelong (Youth)

p. 5222 6690

(Mon to Fri, 9am–5pm)

Beyond Blue

p. 1300 224 636

(24-hour phone service)

www.beyondblue.org.au

Lifeline Australia

p. 13 11 14

(24-hour phone service)

www.lifeline.org.au

Partners in Wellbeing telephone

helpline 1300 375 330 (Monday to Friday 9am–10pm, Saturday to Sunday 9am–5pm)

Head to Help clinics phone

1800 595 212 Monday to Friday

8.30am–5pm (except public holidays)

Barwon Health - Mental Health

ACCESS Team 1300 094 187 24

hour / 7 days

Alcohol and other drug support

Barwon Child, Youth and Family

p. 1300 022 293

(Mon to Fri, 9am–5pm)

Direct Line

p. 1800 888 236

(24-hour phone service)

Financial hardship

Australian Government support

www.services.gov.au

Council support

For more information and other helpful contacts go to

www.surfcoast.vic.gov.au/covid19