



# Phone numbers to help Upper Hunter residents through challenging times

## National Coronavirus Helpline ..1800 020 080

*Confused about social isolation and restrictions?*

*Ask questions about what you can and can't do at the moment (in relation to your personal and family life). A free 24/7 Government helpline.*

## Feeling anxious, sad or depressed

Beyond Blue ..... 1800 512 348

Lifeline.....13 11 14

Lifeline text crisis support ..... 0477 13 11 14

*Text service available 6pm - 12am weekdays*

## Help for children and young people

Headspace.....1800 650 890

Kids Help Line .....1800 55 1800

Rural Young Minds .....1800 270 738

*Mental health services for ages 12 - 25 years.*

Upper Hunter Shire Council's

Youth Workers.....0439 090 891

*Phone or text counselling & mentoring*

## Local organisations providing care packages and other assistance

Merriwa district:

Helping Hands ..... 0499 377 284

Murrurundi district:

Meals on Wheels.....6546 6372

Scone and Aberdeen districts:

Scone Neighbourhood

Resource Centre ..... 6545 2562

## Family support and emergency relief

Alcoholics Anonymous

Upper Hunter .....0437 498 249

Upper Hunter

Community Services..... 6542 3555

Upper Hunter

Homeless Support..... 6542 5051

## Farming families

Rural Financial Counselling

Services NSW.....6545 3544

Rural Resilience Program (DPI) for

farmers and farming families... 0400 869 136

## Specific needs

Aboriginal Health Worker.....0407 811 345

*Phone or message and Jade will ring you.*

My Aged Care .....1800 200 422

*Includes in-home assistance.*

NDIS Local Area Coordinator...1800 794 934

Transcare .....6545 3113

*Bus services Merriwa to Scone, Murrurundi to Scone and Muswellbrook, and Scone to Muswellbrook.*

## Violence at home

Domestic Family Violence

Counselling Service.....1800 732 732

Domestic Violence helpline....1800 656 463

National Sexual Assault..... 1800 RESPECT

Upper Hunter Domestic

Violence Officer (Police)..... 6542 6999

## Council

Rates & other Council business..... 6540 1100

*Although Merriwa, Murrurundi and Scone administration centres are closed, staff are still available to assist you. Bill payments can be made over the phone or using online banking. If there are issues that cannot be resolved remotely, please call to make an appointment or other arrangements.*

## Radio frequencies

**ABC** Upper Hunter & Newcastle ..... 105.7 FM

Merriwa .....101.9 FM

Murrurundi ..... 96.9 FM or 1044 AM

**2NM**.....981 AM

**Power FM** ..... 98.1 FM