



Phone numbers to help you through the COVID-19 challenge

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). This Government helpline is free and
available 24/7.*

Feeling anxious, sad or depressed

Beyond Blue 1800 512 348
Lifeline 13 11 14

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 young people 12 to
25 years.*

Upper Hunter Shire Council's
Youth Workers 0439 090 891
*Offering support services – counselling and
mentoring – via telephone or text*

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