## Community Support

It is normal for families and individuals to experience a range of reactions to unexpected events, including disasters, job loss and changing circumstances. For some, financial loss may mean seeking income support; for others it could mean revising retirement plans or changing household spending.

Regardless of the circumstances, distress is a common and natural response to unexpected events.

This brochure contains a range of general local and community support services available to individuals and their families experiencing financial and emotional hardship as a result of an unexpected event or changed work or financial circumstances.

Further information is available at <https://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster> or by phoning the Community Recovery Hotline **1800 173 349.**

You can also download the free Self-Recovery app from the Apple or Android Stores

# Yellow logo for the Community Recovery Self Recovery app

# General Community Support Services

#### Community Support Services

Alcohol & Drug Info Line 1800 177 833

Australian Red Cross 1800 733 276

Beyond Blue Info Line 1300 224 636

DV connect 1800 811 811

Gambling Help Online 1800 858 858

Headspace Rockhampton [4994 2512](https://www.google.com/search?safe=active&ei=aIF-X8nXIcuS9QOqrJuwCA&q=headspace+rockhampton&oq=headspace+rockhampton&gs_lcp=CgZwc3ktYWIQAzIOCC4QxwEQrwEQyQMQkwIyAggAMgYIABAWEB4yBggAEBYQHjIGCAAQFhAeMgYIABAWEB4yBggAEBYQHjIGCAAQFhAeOggILhCRAhCTAjoFCAAQkQI6CAgAELEDEIMBOgsILhCxAxDHARCjAjoLCC4QsQMQgwEQiwM6CwgAELEDEIMBEIsDOgUIABCxAzoLCC4QyQMQkQIQkwI6BQguEJECOgUILhCxAzoUCC4QsQMQxwEQrwEQiwMQqAMQpgM6CAguELEDEIsDOgUIABCLAzoICAAQsQMQiwM6FwguELEDEIMBEMcBEK8BEIsDEKgDEKYDOggIABDJAxCRAjoLCC4QxwEQrwEQkQI6CAguEMcBEK8BOgsILhDHARCvARCLAzoECAAQCjoCCC5Q9c8DWM3sA2C89QNoAHAAeACAAZgCiAHfKZIBBDItMjGYAQCgAQGqAQdnd3Mtd2l6uAECwAEB&sclient=psy-ab&ved=0ahUKEwjJq_aQgaTsAhVLSX0KHSrWBoYQ4dUDCAw&uact=5)

Homeless Hotline 1800 474 753

Kids Help Line 1800 551 800

Lifeline Telephone Counselling 13 11 14

Mensline Australia 1300 789 978

Parentline 1300 301 300

Relationships Australia 1300 364 277

Seniors Enquiry Line 1300 135 500

**Centrelink**

Employment services 13 28 50

Families and Parents 13 61 50

Youth and Students 13 24 90

Disabilities, sickness and carers 13 27 17

Older Australians 13 23 00

Medicare 13 20 11

**Consumer Advice**

Office of Fair Trading 13 74 68

**Department of Communities, Housing and Digital Economy**

Central QLD Regional Office 4848 4500

**Financial Counselling**

National Debt Helpline 1800 007 007

**Housing and Tenancy**

Tenants Queensland 1300 744 263

**Legal and Advocacy Services**

Legal Aid Queensland 1300 651 188

Basic Rights Queensland 1800 358 511

**Workplace Services**

Job Seeker Hotline 13 17 15

The Workplace Ombudsman 1300 856 110

Job Network 13 62 68

Fair Work Ombudsman 13 13 94

# **Community Support Services**

Central Queensland

Rockhampton, Central Highlands and Gladstone Regional Councils

Banana and Livingstone Shire Councils

Central West Queensland Councils

## Rockhampton Regional Council

**Family Support and Advisory Services**

Anglicare Central Queensland

 Family Support Program 4837 5300

Centacare 1300 523 985

Ozcare 1800 692 273

Salvation Army 4923 5600

 Welfare line 13 72 58

Helem Yumbah Healing Centre 4931 8600

Relationships Australia 1300 364 277

Darumbal Community Youth

Services 4922 6180

Red Cross 4922 8056

St Vincent de Paul 4927 6026

UnitingCare Community/Lifeline 13 11 14

Roseberry Community Services 4923 7700

UnitingCare Community
Rural Family Support 4930 7300

**Emergency Relief**

Anglicare Central Queensland 4837 5300

St Vincent de Paul 4927 6026

Salvation Army 4923 5600

**Housing and Tenancy**

Ozcare – Homelessness Early

Intervention Program 4937 4219

Anglicare – Rockhampton Family Emergency Accommodation Program 4837 5300

Department of Housing & Public Works

Housing Service Centre 4848 7000

**Material Goods Assistance**

Salvation Army Family Store 4926 9924

St Vincent de Paul
 Rockhampton 1800 846 643
 Yeppoon 1800 846 643

## Livingstone Shire Council

Community Mental Health 4913 3200

Centacare 1300 523 985

Salvation Army 4939 2578

Strengthening Family Connections 4913 3830

## Gladstone Regional and Banana Shire Councils

**Family Support and Advisory Services**

Community Advisory Service 4976 6300

Salvation Army Family Welfare

Centre 4972 6878

Roseberry Qld 4972 0047

UnitingCare Community/Lifeline 13 11 14

Centacare 1300 523 985

Ozcare Gladstone 4937 4310

Anglicare

 Biloela 4992 2421

 Moura 4997 3473

 Gladstone 4972 8220

**Emergency Relief**

Community Advisory Service 4976 6300

Salvation Army Family Welfare

Centre 4972 6878

Banana Shire Support Centre 4992 3322

St Vincent De Paul
 Biloela 4992 2808
 Theodore 4993 2111
 Moura 4997 2678

Anglicare CQ
 Biloela 4992 2421
 Moura 4997 3473

**Housing and Tenancy**

Gladstone Crisis Accommodation 4976 6300

Dep’t of Housing & Public Works 4899 2400

**Material Support Assistance**

St Vincent De Paul 4972 3916

 Biloela 4992 2808

 Theodore 4993 2111

 Moura 4997 2678

Salvation Army
 Gladstone 4972 1844

Central Highlands Regional Council

**Family Support and Advisory Services**

Centacare Emerald 1300 523 985

Emerald Neighbourhood Centre 4982 1696

Central Highlands Regional

Council 1300 242 686

Anglicare Emerald 4982 4062

Salvation Army Emerald 4987 5421

Oz Care Emerald 1800 692 273

Centacare Blackwater 1300 523 985

UnitingCare Community 4982 3730

**Emergency Relief**

Emerald Neighbourhood Centre 4982 1696

CTM Community Support Network Links
 Capella 4984 9526

 Tieri 0491 276 264

 Middlemount 0491 276 259

**Housing and Tenancy**

Anglicare
 Emerald 4982 4062

 Blackwater 4982 6535

Dep’t of Housing & Public Works 4848 7000

**Material Goods Assistance**

St Vincent de Paul 1800 846 643

Salvation Army Family Store 4982 0965

## Central West

**Family Support and Advisory Services**

Anglicare
 Longreach 4658 0431

 Barcaldine 4651 2161

 Winton 4657 1734

Blackall Neighbourhood Centre 4657 4440

Central West Community Options

Project 4657 2691

Winton Neighbourhood Centre 4657 0000 Salvation Army Longreach 4658 0467

**Emergency Relief**

Central West Uniting Church

(drought only) 4651 1416

**Material Support Assistance**

St Vincent De Paul 1800 846 643