

Where to get help during COVID-19

PILBARA REGION

KARRATHA / ROEBOURNE

Advice for Aboriginal Communities

- There are restrictions on access into designated WA regions and remote Aboriginal Communities
- [Department of Communities](#) (1800 176 888) - Information on travel restrictions
- [Aboriginal Health Council of Western Australia](#) (9227 1631) - for updates on COVID-19
- Communities with travel restrictions have access to priority assistance through [Coles](#) Karratha (9141 9400) and [Woolworths](#) Karratha (9182 3202) for bush orders
- Call your local Aboriginal member corporation + Mawarnkarra Health Service (9182 0851)

Alcohol & Other Drug Services

AOD services are still open, appointments are via phone or video only

- Mission Australia - 08 9182 3600
- Yaandina Drug and Alcohol Service - 08 9182 1172
- WA Network of Alcohol & other Drug Agencies - 08 6557 9400
- Mental Health Commission - 08 9442 5000

Homelessness and Food Services

Supermarkets remain open with a dedicated hour for the elderly and people with a disability between 7am - 8am

- For food assistance, St Vincent de Paul Society - 08 9185 4336
- Food and clothing assistance, The Salvation Army - 08 9185 2148
- Department of Communities Housing - 08 9159 1700
- [Shelter WA](#) (08 9325 6660) - Assistance for services providing housing and homelessness services

Family & Domestic Violence

Support is still available via phone and alternative operations

- Karratha Women's Refuge - 08 9185 2807
- Munga Tharndu Maya Women's Refuge Roebourne - 08 9182 1800
- Child Protection and Family Support - Karratha 08 9185 0200
- Karratha Women's Place - 0459 033 800
- Karratha Anglicare DV counselling - 08 9143 1880

Financial Support

There are economic support payments, crisis, job seeker and youth allowance payments available.

- [Financial Counsellors' Association of WA](#) (08 9325 1617) - resources, tools and counselling for those experiencing financial hardship
- [Centrelink](#) - what to do if you're affected by COVID-19 + Centrelink Indigenous Call Centre (1800 136 380)
- [Department of Social Services](#) (1300 653 227) - information about the coronavirus supplement and payments
- [Department of Treasury](#) - facts about the increased and accelerated income support during the Coronavirus

Mental Health Services

Mental Health services are still open, appointments are via phone and video only

- Mawarnkarra Health Service - 08 9182 0850
- Mission Australia - 08 9143 2346
- headspace Pilbara - 1800 290 626 (for young people)
- Anglicare WA - 08 9143 1880
- Karratha Central Healthcare - 08 9144 6900
- WA Country Health Service - 08 9143 2346
- [WA Association of Mental Health](#) (08 9246 3000) - information for self-care

Disability & Ethnic Support

There are new measures for NDIS participants and providers - contact your service provider by telephone

- Empowering People in Communities (EPIC) - 08 9185 0000
- Yaandina Community Services - 08 9182 1365

Aged Care & Residential Care Facilities

- There are a range of support measures to help seniors with accessing essential services
- Yaandina Aged Care - 08 9182 1365
- [COTA for Older Australians](#) - COVID-19 information
- [Department of Health](#) - Advice for aged care residents and families

For the latest information and trusted advice

[Federal Government](#)

[WA Government information on COVID-19](#)

[WA Government Pandemic Plan \(pdf\)](#)

[WA Government COVID-19 Clinics](#)

[World Health Organisation](#)

[WA Health - Resources](#)

Coronavirus Health Information Line - 1800 020 080

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PILBARA REGION

HEDLAND

Advice for Aboriginal Communities

- There are restrictions on access into designated WA regions and remote Aboriginal Communities
- [Department of Communities](#) (1800 176 888) - Information on travel restrictions
- [Aboriginal Health Council of Western Australia](#) (08 9227 1631) - for updates on COVID-19 Communities
- with travel restrictions have access to priority assistance through [Coles](#) (08 9172 1922) and [Woolworths](#) (08 9174 2500) for bush orders
- Wirraka Maya Health Service (9172 0400)

Alcohol & Other Drug Services

AOD services are still open, appointments are via phone or video only

- Mission Australia - 08 9174 4800
- Bloodwood Tree Association - 08 9138 3000
- Hope Community Services - 08 9144 2228
- WA Network of Alcohol & other Drug Agencies - 08 6557 9400
- Mental Health Commission - 08 6553 0600

Homelessness and Food Services

Supermarkets remain open with a dedicated hour for the elderly and people with a disability between 7am - 8am

- Bloodwood Tree - 08 9138 3000 for food and housing support
- Department of Communities Housing - 08 9160 2800
- [Shelter WA](#) (08 9325 6660) - Assistance for services providing housing and homelessness services

Family & Domestic Violence

Support is still available via phone and alternative operations

- Hedland Women's Refuge - 08 9173 1896
- Mission Australia - 08 9174 4800
- Child Protection and Family Support - Hedland 08 9160 2400
- Hedland Well Women's Centre - 08 9140 1124

Financial Support

There are economic support payments, crisis, job seeker and youth allowance payments available.

- [Financial Counsellors' Association of WA](#) (08 9325 1617) - resources, tools and counselling for those experiencing financial hardship
- [Centrelink](#) - what to do if you're affected by COVID-19 + Centrelink Indigenous Call Centre (1800 136 380)
- [Department of Social Services](#) (1300 653 227) - information about the coronavirus supplement and payments
- [Department of Treasury](#) - facts about the increased and accelerated income support during the Coronavirus

Mental Health Services

Mental Health services are still open, appointments are via phone and video only

- MacKillop Family Services - 08 9148 1600
- Mission Australia - 08 9174 4800
- headspace Pilbara - 1800 290 626 (for young people)
- Anglicare WA - 08 9143 1880
- Relationships Australia - 08 6164 0520
- WA Country Health Service - 08 9143 2346
- Hedland Health Campus - 08 9174 1000
- [WA Association of Mental Health](#) - information for self-care

Disability & Ethnic Support

There are new measures of NDIS participants and providers - contact your service provider by telephone

- Department of Communities Disability Services - 1800 998 214
- Empowering People in Communities (EPIC) - 08 9185 0000
- PATCHES Paediatrics and Therapy Services - 08 6280 0856

Aged Care & Residential Care Facilities

- There are a range of support measures to help seniors with accessing essential services
- [COTA for Older Australians](#) - COVID-19 information
- [Department of Health](#) - Advice for aged care residents and families

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PILBARA REGION

NEWMAN

Advice for Aboriginal Communities

- There are restrictions on access into designated WA regions and remote Aboriginal Communities
- [Department of Communities](#) (1800 176 888) - Information on travel restrictions
- [Aboriginal Health Council of Western Australia](#) (08 9227 1631) - for updates on COVID-19
- Communities with travel restrictions have access to priority assistance through [Woolworths](#) (08 9181 5000) for bush orders
- Call your local Aboriginal member corporation
- Puntukurnu Aboriginal Medical Service (PAMS) - 08 9177 8307

Alcohol & Other Drug Services

AOD services are still open, appointments are via phone or video only

- Mission Australia - 08 9154 3800
- WA Network of Alcohol & other Drug Agencies - 08 6557 9400
- Mental Health Commission - 08 6553 0600

Homelessness and Food Services

Supermarkets remain open with a dedicated hour for the elderly and people with a disability between 7am - 8am

- Pilbara Community Legal Service - 08 91855899
- Department of Communities Housing - 08 9160 2800
- [Shelter WA](#) (08 9325 6660) - Assistance for services providing housing and homelessness services

Family & Domestic Violence

Support is still available via phone and alternative operations

- Newman Women's Shelter - 08 9175 5100
- Mission Australia - 08 9174 4800
- Child Protection and Family Support - Onslow 08 9184 3900, Tom Price 08 9188 0100

Financial Support

There are economic support payments, crisis, job seeker and youth allowance payments available.

- [Financial Counsellors' Association of WA](#) (08 9325 1617) - resources, tools and counselling for those experiencing financial hardship
- [Centrelink](#) - what to do if you're affected by COVID-19 + Centrelink Indigenous Call Centre (1800 136 380)
- [Department of Social Services](#) (1300 653 227) - information about the coronavirus supplement and payments
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Mental Health Services

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- Lifeline - 13 11 14
- Mission Australia - 08 9174 4800
- headspace Pilbara - 1800 290 626 (for young people)
- WA Country Health Service - 08 9143 2346
- Newman Hospital - 08 9175 8333
- [WA Association of Mental Health](#) (08 9246 3000) - information for self-care

Disability & Ethnic Support

There are new measures of NDIS participants and providers - contact your service provider by telephone

- Department of Communities Disability Services - 1800 998 214
- Empowering People in Communities - 08 9185 0031
- Ethnic Disability Advocacy Support - 08 9175 0032
- Every Person Is Significant (EPIS) - 08 9175 5179

Aged Care & Residential Care Facilities

- There are a range of support measures to help seniors with accessing essential services
- EPIS - 08 9175 5179
- [COTA for Older Australians](#) - COVID-19 information
- [Department of Health](#) - Advice for aged care residents and families

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ONslow & TOM PRICE

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- [Aboriginal Health Council of Western Australia](#) (08 9227 1631) - for updates on COVID-19
- Call your local member corporation for further information
- Communities with travel restrictions have access to priority assistance through [Coles](#) and [Woolworths](#) for bush orders

Alcohol & Other Drug Services

AOD services are still open, appointments are via phone or video only

- Mission Australia - 08 9174 4800
- WA Network of Alcohol & other Drug Agencies - 08 6557 9400
- Mental Health Commission - 08 6553 0600

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Supermarkets remain open with a dedicated hour for the elderly and people with a disability between 7am - 8am

- Pilbara Community Legal Service - 08 91855899
- Department of Communities Housing - 08 9160 2800
- [Shelter WA](#) (08 9325 6660)- Assistance for services providing housing and homelessness services

Family & Domestic Violence

Support is still available via phone and alternative operations

- Mission Australia - 08 9174 4800
- Child Protection and Family Crisis Support - 1800 199 008

Financial Support

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- Mission Australia - 08 9174 4800
- headspace Pilbara - 1800 290 626 (for young people)
- WA Country Health Service - 08 9159 5222
- Onslow Health Campus - 08 9184 3200
- Tom Price Hospital - 08 9159 5222
- [WA Association of Mental Health](#) (08 9246 3000) - information for self-care

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- Empowering People in Communities (EPIC) - 08 9185 0031

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