

# WHERE TO GET HELP

If you need support to self-isolate due to COVID-19, contact the services below. They may be able to help you or refer you to someone who can.

## COVID-19 information

- Call 13 COVID (13 26843)
- Download the Service WA app
- Visit: <http://www.wa.gov.au>

## Health services

Ask for phone/ video-call appointment options

- GS Aboriginal Health Service: 9892 7222
- Palmerston Albany: 9892 2100
- Amity Health: 9842 2797

## After hours/emergency

- HealthDirect: 1800 022 222
- Emergency: 000

## GPs

- Aberdeen Medical Centre: 9842 9844
- Albany Medical Centre: 9841 8455
- Hillside Family Practice: 9841 0480
- Pioneer Health: 9842 2822
- Southern Regional Medical Group: 9845 9000
- St Clare Family Practice: 9841 8102
- The Surgery: 9842 5900
- Dr Neil Worthley: 9841 5333

## Pharmacies

Ask for home delivery or postal options

- Albany Community Pharmacy: 9841 1532
- Albany Plaza Discount Drug Store: 9841 5855
- Amcal Albany: 9842 2036
- Priceline Spencer Park: 9841 1100
- TerryWhite Chemmart Bayonet Head: 9844 9615
- TerryWhite Chemmart Chester Pass: 9841 3841
- Albany Dog Rock Chemist: 9841 1115

## Food orders and delivery

- Coles (Albany Plaza & Orana): [www.coles.com.au](http://www.coles.com.au)
- Woolworths (Dog Rock, Chester Pass & Bayonet Head): [www.woolworths.com.au](http://www.woolworths.com.au)
- North Road IGA: [northroad.igaonline.com.au](http://northroad.igaonline.com.au)
- Town Around Albany: [www.townaround.com.au](http://www.townaround.com.au)

## Food relief

- Foodbank: 9842 6645
- Salvation Army: 9841 7336
- Albany Regional Volunteer Service: 9841 3588

## Financial support

- Services Australia: 18 022 66 (COVID-19 crisis payments)
- WA Department of Communities: 6154 0508 (COVID-19 test isolation payment)

## Other support

- Albany Youth Support Association: 9842 2082 (support for ages 12-25)
- Department of Communities: 6277 4100 (family and housing support)
- PIVOT: 9842 9699 (emergency relief items, housing support)
- Southern Aboriginal Corporation: 9842 7777 (housing support)
- Anglicare: 9845 6666 (family support)
- Wanslea: 9843 0077 (family support)
- Translation services: 131 450
- Elder Abuse Helpline: 1300 724 679
- Alcohol & Drug Support: 1800 198 024
- Sexual, Domestic & Family Violence Support: 1800 737 732
- Child Protection & Family Support Crisis Care: 1800 199 008

## MENTAL HEALTH HELPLINES

- Lifeline: 13 11 14
- Beyond Blue: 1300 224 636
- Rural Link: 1800 552 002
- Kids Helpline: 1800 551 800
- MensLine: 1300 789 978
- Perinatal Anxiety & Depression (PANDA): 1300 726 306