

Where to get help during COVID-19

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

Housing, Homelessness & 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
- [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

- Lifeline - 13 11 14
- Kids Helpline - 1800 55 1800
- Mission Australia - 08 9182 3626
- headspace Pilbara - 1800 290 626 (for young people)
- Pilbara Mental Health - 08 9174 1240
- 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

- NDIS Disability Support - 1800 800 110
- 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
- Lifestyle Solutions - 1800 634 748

Aged Care & Residential Care Facilities

- There are a range of support measures to help seniors with accessing essential services
- Every Person is Significant (EPIS) - 08 9175 5179
- [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