

Local COVID-19 Service Directory

Local Health Services

<p style="text-align: center;">Illawarra Shoalhaven Public Health Unit</p> <p>Phone: 4221 6899 Hours: 8:30 am - 5:30 pm Monday - Friday</p>	<p>We can provide:</p> <ul style="list-style-type: none"> • COVID-19 information – when and where to get tested, how to protect you and your family. • Advice on how to isolate and keep away from others if you or someone in your house gets COVID-19. • Link you to services to help you access to food, medication and essential items if you are isolating. • Help to find alternative accommodation for isolation if you cannot isolate at home. • Organise an Aboriginal Health Worker to call you. • Links to support services (mental health, drug and alcohol).
<p style="text-align: center;">Illawarra Shoalhaven Connecting to Country Team</p> <p>Phone: 1300 792 755 Hours: 8:30 am - 5:30 pm Monday - Friday</p>	<p>We can provide:</p> <ul style="list-style-type: none"> • An Aboriginal Health Worker to provide support over the phone. • Link you to an Aboriginal Community Controlled Health Service. • Advice on when and where to get a COVID-19 test. • Link you to services to help you access food, medication and essential items if you are isolating. • Links to support services (mental health, drug and alcohol).

New South Wales Government Assistance

<p style="text-align: center;">Service NSW</p> <p>Phone: 13 77 88 Website: https://www.service.nsw.gov.au/covid-19</p>	<p>We can help with:</p> <ul style="list-style-type: none"> • emergency relief packages (food and other essential items) • income assistance • counselling and mental health support.
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Local Aboriginal Community Controlled Health Services

<p style="text-align: center;">Waminda</p> <p>Phone: 4421 7400 After Hours Support Phone: (5:00 pm – 8:30 pm) 1800 953 736 Website: http://www.waminda.org.au/</p>	<p style="text-align: center;">South Coast Medical Service Aboriginal Corporation</p> <p>Phone: 4448 0200 Website: https://www.southcoastams.org.au/</p>
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Useful websites

- <https://www.ahmrc.org.au/>
- <https://www.islhd.health.nsw.gov.au/>
- <https://www.health.nsw.gov.au/Pages/default.aspx>