



# HELPFUL PHONE NUMBERS

## HEALTH AND SAFETY

<b>Police Fire Ambulance</b>	<b>000</b>
<b>Gingin Police</b> (Non emergency)	<b>13 14 44</b>
<b>WA Country Health Service</b> Social work, Community Midwifery, Child and community nursing, Occupational Therapy, Physiotherapy, Dietetics	<b>9651 0270</b>
<b>Chittering Health Centre</b> Local Doctor Surgery - Bindoon	<b>9576 1091</b>
<b>Bullsbrook Medical Centre</b>	<b>9543 1800</b>
<b>Gingin Medical Centre</b>	<b>9575 2300</b>
<b>Health Direct</b> 24 hour health advice	<b>1800 022 222</b>
<b>Poisons Information Centre</b>	<b>13 11 26</b>
<b>Bindoon Dentist</b>	<b>9576 0587</b>
<b>Bindoon Pharmacy</b>	<b>9576 1666</b>
<b>Bullsbrook Physiotherapy - Bindoon clinic</b>	<b>0401 222 768</b>
<b>Psychologist- Michelle Sladen</b> or book through the Chittering Health Centre	<b>0438 131 031</b> <b>9576 1091</b>
<b>Silverchain - in home health &amp; Aged Care</b>	<b>1300 650 803</b>
<b>Avivo</b> homecare services - aged, disability and mental health	<b>1300 428 486</b>
<b>Optometrist Oncall</b> mobile eye care	<b>0450 033 517</b>
<b>Hear &amp; Spin Hearing services</b>	<b>0475 466 363</b>
<b>First Step Podiatry</b>	<b>0407 042 122</b>
<b>WACHS Telehealth</b> speak with your health service provider whether your appointment can be conducted by telehealth. If this is possible, your local telehealth team will contact you with the relevant details.	
<b>Diabetes WA</b> Helpline and Telehealth Service for Regional WA	<b>1300 001 880</b>



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## **PENSIONS - Department of Human Services**

Age	13 23 00
Families	13 61 50
People with Disabilities	13 27 17

<b>SHIRE - Office hours</b>	<b>9576 4600</b>
After hours Ranger - Emergencies	0427 699 701
After Hours - Roads/Buildings -Emergencies	0439 529 712

## **MEAL DELIVERY OPTIONS**

Home Chef	9378 2544
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## **TELEPHONE COUNSELLING**

Advocare Supports and protection of the rights of older persons	1800 655 566
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Alcohol & Drug Information & counselling 24 hrs Toll FREE	1800 198 024
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Beyond Blue Mental Health support & counselling	1300 22 4636
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Kids Helpline (aged 5 —25)	1800 551 800
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Life line Crisis support & suicide prevention—24hrs	13 11 14
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Parent Drug Information Service 24 hrs Toll FREE	1800 653 203
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Rural Financial Counselling Services	1800 612 004
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Rural Link Psychiatric Emergency Team after hours psych emergency assessment & advise for clients and their carers	1800 552 002
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Sexual Assault Resource Centre any person over 13 with immediate or long term needs	1800 199 888
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Women's Domestic Violence Helpline	1800 007 339
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Mens Domestic Violence Helpline	1800 000 599
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**Please note: these contact details are correct at time of printing 24/07/2020**  
Copies can be obtained by contacting the Shire of Chittering on 9576 4600  
or via the Shire website  
<https://www.chittering.wa.gov.au/live/community>

