

# USEFUL SERVICES

Service name	Contact	What they do	Who this service is for, and the cost
Agrisafe Clinic at Primary Care Connect	03 5823 3200	Free health checks by an agricultural nurse. Hearing, sight, blood, chemical testing. Diabetes screening & heart health checks.	Free service. For farm workers who live or work in Shepparton or Moira Shire areas. You don't need to provide a Medicare card or Visa details.
Point of Difference Studios	1300 158 773 62A Benalla Rd Shepparton	POD run events in the community, advocate, and they also provide support to PALM Scheme workers	POD provide support and safe spaces for Goulburn Valley's multicultural community
Ethnic Council of Shepparton & District	03 5831 2395 158 Welsford St Shepparton	Programs and events. Website has useful information and details about local events	Shepparton and district's multicultural community
Shepparton Family & Financial Services	5831 7755 1 Naomi St Shepparton	Food, debt help, no interest loans, family violence support	Free private support for people who are struggling
Moira Foodshare	03 5742 1111	Free food for people who are struggling to get enough food	Free. Moira Shire area like Cobram, Numurkah, Nathalia and other towns
St Vincent De Paul Kyabram	03 5852 2874 11 Allan St Kyabram	Free food for people who are struggling to get enough food	Free Call for an appointment to talk to someone
Beyond Blue	1300 22 4636 <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	Mental Health support	Free mental health support over the phone and online for anyone at any time.
Labour Hire Authority (LHA)	1300 545 200 (131 450 call to ask for an interpreter for Labour Hire Authority)	Report problems about a Labour Hire company because the LHA enforce the rules about labour hire.	Labour hire workers can contact the labour hire authority as well as host farms and labour hire companies.
Nurse on Call/ Health Direct	1300 60 60 24 (this service is open 24 hours a day and 7 days a week)	Free health advice from a registered nurse over the phone.	Anyone in Australia can call anytime for free health advice.



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