



Indian Care

COMMUNITY ASSISTANCE HOTLINE

The Coronavirus (COVID-19) pandemic has affected all of us in different ways. We acknowledge the impact of this pandemic on our South Asian communities in Victoria and are here to help.



Supporting South Asian Communities

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indiancare.org.au



facebook.com/indiancareinc



help@indiancare.org.au

Are you:

- Confused about the coronavirus
- Uncertain about the current restrictions and testing sites
- Feeling stressed, anxious or depressed
- Having conflict and problems at home
- Experiencing financial hardship, employment or housing issues
- Isolated and want to connect with your community
- Just feeling overwhelmed and alone

We provide **FREE**, culturally-appropriate support, information, guidance, referrals and resources.


IndianCare is a non-profit organisation addressing the welfare needs of South Asian community members residing in Victoria. Our dedicated staff would be glad to listen to your experiences and guide you to the support you may need in the most accessible way.


IndianCare can support with:

- Up to date information on COVID-19 restrictions, testing sites
- Organise access to emergency relief and material aid
- Provide referrals, advocacy and links to support services, including family violence services
- Help you to engage in activities to keep you in good health, improve mental health and social connection

Please feel free to call us on any of these numbers:

 0452474590

 0451754590

 0451744590

 0452134590

We are open: Monday to Friday 9:00am – 5:00pm

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