





# How we can help you



When you speak to us, we ask you questions to make sure it is you and not someone pretending to be you.

This helps us to keep your details safe.



The payments and help you can get from us depends on your situation.

Talk to our staff if you need help, information or if something changes.



Family Tax Benefit is money to help parents take care of their children.

We pay it to one parent to help the whole family.



If your child goes to child care while you work or study, Child Care Subsidy can help lower your child care costs.



Rent Assistance is an extra regular amount you may get if you pay rent and get an eligible payment from us.

If you move or your rent amount changes, you must tell us.



If you work or get other money, you must tell us within 14 days.

This is so we can pay you the right amount.



You can have someone you trust to help you deal with us. We call them a nominee.

They can talk to us, give us information or get payments for you.

Let us know if you want to stop this at any time.



Social workers can help people when they have problems. You can tell them about things that make you feel worried or distressed.

They will listen, give you information and tell you about other help.



We have information you can read, listen to or watch in other languages at [servicesaustralia.gov.au/yourlanguage](https://servicesaustralia.gov.au/yourlanguage)



You can call us on **131 202** or go to a service centre.

Let us know if you need an interpreter when you call or visit us.