

HEY YOU MOB!

We know this is an incredibly stressful and challenging time.

On Sunday 5 July 2020, Aboriginal Community Controlled Organisations in Victoria came together with government to plan legal, medical, child and family, housing and community care supports for Aboriginal families and residents, as long as support is needed.

We're working close with government officials to help ensure you're in good health and spirits. It's important that our Aboriginal brothers and sisters feel safe, informed, empowered to make decisions, and have access to timely supports at this time.

Please refer to the below for useful contacts for supports.

HEALTH

VICTORIAN ABORIGINAL HEALTH SERVICE

VAHS provides phone counselling and connection to other supports, GP phone consults and medication delivery. VAHS also offers COVID-19 assessment and testing at our Fitzroy site.

CONTACT

vahs.org.au

T: 1800 959 563 (Yarning SafeNStrong, for phone counselling and support, operates 24 hours a day - free call)

03 9419 3000 (VAHS Fitzroy, for GP phone consults and medication delivery, operates 9-5 Mon to Thurs, 9-4 Fri)

T: 0478 767 140 (for Covid19 assessment and testing appointments at VAHS Fitzroy Respiratory Clinic, operates 10-4 Mon to Thurs, 10-3 Fri)

facebook.com/victorianaboriginalhealthservice or facebook.com/yarningsafenstrong

FIRST PEOPLES' HEALTH AND WELLBEING

First Peoples' Health and Wellbeing provides a range of primary health care including, management of chronic conditions, assistance with medications and mental health support. FPHW also offers COVID-19 assessment and testing supports.

CONTACT

W: firstpeopleshealthandwellbeing.org.au

T: 03 9070 8181 **E:** info@fphw.org.au

facebook.com/firstpeopleshealthandwellbeing

KOORIE PRIDE NETWORK

Koorie Pride Network has a facebook group specifically for LGBTQIASB Victorian Mob at facebook.com/groups/424002821687954

LGBTIQA+ PEER SUPPORT SERVICE

Speak to a peer LGBTIQA+ phone worker by calling 1800 184 527 or chat online at <https://qlife.org.au/> between 3pm and 12 midnight every day of the week.

COHEALTH

This number is specifically for high-rise Community residents to help arrange their health care needs.

CONTACT

T: 03 9448 5551

ITC: Integrated team care

ITC Nurses provide care coordination services to eligible people Aboriginal and Torres Strait Islanders with chronic disease who require coordinated, multi-disciplinary care.

ITC Outreach and complimentary program

The complimentary program aspect is designed to enable clients to self-manage their chronic health conditions including both physical and social and emotional wellbeing.

CONTACT

W: cohealth.org.au/health-services/aboriginal-torres-strait-islander-health/

E: Rhonda.Diblasid@cohealth.org.au

FAMILIES, CHILDREN & YOUNG PEOPLE

VICTORIAN ABORIGINAL CHILD CARE AGENCY

VACCA provides a range of culturally safe child and family services, including family support, family violence therapeutic services, emergency relief, and early years.

CONTACT

W: vacca.org

T: 03 9742 8300 Western **E:** vacca@vacca.org

facebook.com/vaccaorg

More information on other side

VICTORIAN ABORIGINAL COMMUNITY CONTROLLED HEALTH ORGANISATION

VACCHO is the peak Aboriginal health body representing 100% of Aboriginal Community Controlled Health Organisations in Victoria.

- **W:** vaccho.org.au/om/our-membership | vaccho.org.au/about-us/coronavirus
- **T:** 03 9411 9411 | **E:** COVID-19@vaccho.org.au
- facebook.com/VACCHO/



DISABILITY

NATIONAL DISABILITY HOTLINE

NDH can help if you are someone with a disability or someone who is supporting that needs support. The Helpline is available Monday to Friday 8am to 8pm (AEST) and Saturday and Sunday 9am to 7pm.

CONTACT

W: fpdn.org.au

T: 1800 643 787 (free call)

The Helpline is available Monday to Friday 8am to 8pm (AEST) and Saturday and Sunday 9am to 7pm

HOUSING

ABORIGINAL HOUSING VICTORIA

AHV can help Aboriginal people with social housing rental and tenancy issues such as struggling to pay rent or urgent maintenance.

CONTACT

W: ahvic.org.au

T: (03) 9403 2100 **E:** clientservices@ahvic.org.au

facebook.com/AboriginalHousingVictoria

FOOD

COHEALTH

Aboriginal and Torres Strait Islander health team provide a variety of individual and community support programs across western and northern metropolitan Melbourne.

CONTACT

W: cohealth.org.au/health-services/aboriginal-torres-strait-islander-health/

E: Rhonda.Diblasi@cohealth.org.au

Billabong

Distribute emergency food parcels each week due to COVID 19 changes, (PPE- gloves, sanitisers & masks available), personal hygiene products - sanitizer, toilet paper, gloves etc.

LEGAL

VICTORIAN ABORIGINAL LEGAL SERVICES

VALS can help you with any legal matters. VALS has a 24 hour 'on-call' after-hours support service.

CONTACT

W: vals.org.au

T: 03 9418 5999 or toll free 1800 064 865

facebook.com/VictorianAboriginalLegalService

ABORIGINAL COMMUNITY LIAISON OFFICER PROGRAM

If you need any urgent ACLO assistance, or need to work with police on site, please contact Super Intendant Craig Peel.

CONTACT

W: police.vic.gov.au/aboriginal-community-liaison-officer-program

T: 0438 328 897 **E:** craig.peel@police.vic.gov.au

facebook.com/victoriapolice

cohealth Victims Assistance Program

COHEALTH

The Victims Assistance Program is a free service to assist victims of violent crimes (eg. assault, aggravated burglary, male victims of family violence, and more). They have an Aboriginal Engagement Worker, who works alongside our mainstream staff to support members of the Aboriginal community.

CONTACT

W: cohealth.org.au/health-services/victims-assistance-program/

T: 9448 5517

E: westernvap@cohealth.org.au

M: 0429 206 223

E: shaun.thomas@cohealth.org.au

FAMILY VIOLENCE

DARDI MUNWURRO

Dardi Munwurro delivers a range of family violence, healing and behaviour change programs for Aboriginal men and has a 24-hour line to assist anytime 1800 435 799.

CONTACT

W: dardimunwurro.com.au

T: Free call 1800 435 799

DJIRRA

Our doors are closed but we are still available by phone during business hours to help you if you are experiencing family violence. We can also help with Intervention Orders, Family Law and Child Protection matters. You can also send us a message through our Facebook page and we will get back to you.

CONTACT

W: djirra.org.au

T: Free call on 1800 105 303 **E:** info@djirra.org.au

facebook.com/DjirraVIC

STUCK ON WHO TO CALL?

We understand this might be a frightening time with increased isolation and anxieties. The Aboriginal Community Controlled Sector are here to provide assistance during this time.

If you're not sure who to call but need assistance, please call the helpful team at VAHS about anything on **1800 959 563**. They can link you into the right services.



VICTORIAN ABORIGINAL CHILD CARE AGENCY

VACCA delivers a range of family violence therapeutic services for women, children and young people experiencing family violence.

CONTACT

W: vacca.org

T: 03 9742 8300 Western **E:** vacca@vacca.org

facebook.com/vaccaorg

OTHER HELPFUL KOORI ORGS

VICTORIAN ABORIGINAL COMMUNITY SERVICES ASSOCIATION

W: vacsal.org.au

T: 03 9416 4266 **E:** reception@vacsal.org.au

facebook.com/VACSAL

ABORIGINAL ADVANCEMENT LEAGUE

W: aal.org.au

T: 03 9480 7777

facebook.com/Aborigines-Advancement-League-Inc-Vic-104737216256618

ABORIGINAL COMMUNITY ELDERS SERVICES

W: acesinc.org.au

T: 03 9383 4244 **E:** admin@acesinc.org.au

facebook.com/pages/Aboriginal-Community-Elders-Service/1435274510082932

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