



AIATSIS

AUSTRALIAN INSTITUTE OF ABORIGINAL
AND TORRES STRAIT ISLANDER STUDIES

Victoria

Social and Emotional Wellbeing Help

Sometimes words or images in material can cause sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. There are organisations in each state and territory that offer social and emotional wellbeing support to individuals and families. If you need to talk to someone, below is a list of services available in your state.

If you are experiencing a crisis or require urgent or after-hours care:

Emergency Contact Numbers

1300 224 636

BEYOND BLUE

13 11 14

LIFELINE

1800 55 1800

KIDS HELPLINE

Link Up Victoria

Link Up Victoria is part of a national network of Stolen Generations services across Australia. Services include counselling and advocacy.

In Victoria, Link Up works closely with the Bringing Them Home (BTH) workers who are located within a local Aboriginal organisation or health service. BTH workers provide an important local support service to the Stolen Generations within their local community due to their local knowledge and expertise. The Link Up Victoria website provides details about the location of all BTH workers in Victoria.

Address: 340 Bell Street, Preston VIC 3072

Free call: 1800 OUR MOB (1800 687 662)

Ph: (03) 9287 8800

Web: <https://linkupvictoria.org.au>

Email: linkup@vacca.org

Ngwala Willumbong Ltd

Ngwala Willumbong Ltd is a key service provider offering culturally appropriate specialist and outreach support services to the Aboriginal and Torres Strait Islander communities of metropolitan Melbourne. Whilst individual programs have a specific target group focus, they share a common approach of holistic case management that aims to empower community members and their families through direct assistance and linkage to specialist support services.

Outreach programs and services include:

- Home and Community Care (Counselling)
- Koori Access Project (KAP)
- Specialist Homelessness Service (SHS)
- Koori Youth Justice (KYJ)
- Aboriginal Community Alcohol & Other Drug Worker (ACA&DW) Program
- Innovative Health Services for Homeless Youth (IHSY)
- Integrated Family Violence Case Management
- Koori Offender Support & Mentoring
- Koori Energy Efficiency Project (KEEP)

Head Office can be contacted Monday to Thursday from 9.00am to 5.00pm and Friday from 9.00am to 4.00pm.

Address: 93 Wellington Street, St Kilda Victoria 3182

PO Box 361, St Kilda Victoria 3182

Tel: 03 9510 3233

Web: <https://www.ngwala.org.au/>

Email: reception@ngwala.org.au

Victorian Aboriginal Health Service (VAHS), Fitzroy, Melbourne, Vic

The Family Counselling services at VAHS operate as part of the Victorian Aboriginal Adult Mental Health Network. The Family Counselling service offers an adult mental health program, home-based outreach support, community houses, dual diagnosis counselling, alcohol and drug treatment support, carer crisis support program, Koori Kids program, family counselling, anxiety / depression / stress management and general counselling.

The Adult Social Emotional Wellbeing team is multi-disciplinary and provides support to Aboriginal people with mental health and social emotional wellbeing needs. The services provided include access to counsellors, psychologists and psychiatrists. For more information call reception on (03) 9403 3300.

Opening Hours: Monday to Thursday 9am to 5pm; Friday 9am to 4pm

Saturday Medical Clinic Only at VAHS Fitzroy Site 9.30am to 12.30pm

VAHS Fitzroy

Address: 186 Nicholson Street, Fitzroy, 3065

Ph: 03 9419 3000

After Hours locum service: 132 660

VAHS Preston

Address: 238-250 Plenty Rd, Preston VIC 3072

Ph: 03 9403 3300

VAHS Epping

Address: The Hub, Showroom 15, 560-650 High Street, Epping VIC 3076

Ph: 03 8592 3920

Web: <https://www.vahs.org.au>

REGIONAL SERVICES:

Mallee District Aboriginal Services

Mallee District Aboriginal Services is north west Victoria's major service provider for Aboriginal and Torres Strait Islander people.

Our Social and Emotional Wellbeing Team offers intensive support to clients and their families that is respectful and supportive.

Our goal is to engage, support and strengthen Aboriginal people affected by social and emotional wellbeing issues, in order to improve their health, wellbeing and participation in the community.

Our programs include:

- Alcohol and Other Drugs Program
- Gambler's Help Program
- Youth Mental Health
- Bringing them Home Program
- Koori Women's Diversion Program
- Mental Health Demonstration Project

You can access all MDAS Social and Emotional Wellbeing services by phoning any MDAS office or emailing us here: sewb@mdas.org.au

Mildura Office

120 Madden Ave. PO Box 5134 Mildura VIC 3502.

Open 9am to 5pm Monday to Thursday and 9am to 4pm Friday.

Phone: (03) 5018 4100

Swan Hill Office

70 Nyah Road Swan Hill

Phone: (03) 5032 8600

Kerang Office

9 Nolan Street Kerang

Phone: (03) 5412 6004

Robinvale Office

77 Perrin Street Robinvale

Phone: (03) 4013 2000

Ramahyuck and District Aboriginal Corporation

Ramahyuck delivers a range of services aimed at building the social and emotional wellbeing of the Indigenous community. A Safety and Wellbeing Program provides a range of advocacy, support and referral programs across Gippsland. The program framework recognises that the connection to land, culture, spirituality, family and community is important to people and can impact on their wellbeing. It also recognises that a person's safety and wellbeing is influenced by policies and past events.

Web: <https://www.ramahyuck.org>

Head Office: 117-121 Foster Street, Sale Victoria 3850

Ph: 03 5143 1644

Sale Clinic

(9:00am - 8:00pm Monday - Friday)

Address: 2 Stead Street, Sale, Victoria 3850

Ph: (03) 5144 6511

Morwell Clinic

(9:00am - 5:00pm Monday - Friday)

Address: Cnr Buckley and Collins Street, Morwell, Victoria 3840

Ph: (03) 5136 5128

Drouin Clinic

Telephone clinic for doctor availability and appointment

Address: 25 Young Street, Drouin, Victoria 3818

Ph: (03) 5625 6500

Oonah Health & Community Services Aboriginal Corporation

The Oonah Health & Community Services Aboriginal Corporation was established to provide a welcoming and culturally affirming place in Healesville that provides a central point of contact for community members, both Indigenous and non-Indigenous, for information, services and programs that are focused on building a healthy, strong and skilled community.

The Association and its members are committed to working collaboratively and harmoniously to achieve the above vision. To work towards the general betterment of Aboriginal people and, specifically, for the advancement of Aboriginal people in Healesville and the Yarra Ranges.

Web: <https://oonah.org.au/>

Opening Hours: Monday to Friday 9am to 5pm
Ph: 03 5962 2940

Address: 1A Badger Creek Road
PO Box 597
Healesville VIC 3777
Melways Reference: 278 E1

Administration Coordinator: admin@hicsa.org.au
Community Engagement Worker: engagementworker@hicsa.org.au

Gunditjmara Aboriginal Cooperative

Gunditjmara Aboriginal Cooperative Ltd is an independent community based not-for-profit Aboriginal Community Controlled Organisation and delivers a wide range of culturally appropriate health and well-being services at all life stages from cradle to grave.

Gunditjmara means *'belonging to person'* and the Gunditjmara Nation shares its borders to the west with the Buandig people, to the north with the Jardiwadjali and Djab Wurrung peoples, and to the east with the Kirrae Whurrong. Our Nation's totem is "*Bunjil*" the Eagle. Gunditjmara people continue to act as gatekeepers in maintaining cultural practices in family kinship systems, through dance, song, language and caring for country.

Web: <https://www.gunditjmara.org.au/>

Main Office:
135 Kepler Street, Warrnambool
VIC 3280, Australia
Ph: (03) 5559 1234

Health Clinic:
3 Banyan St, Warrnambool
VIC 3280, Australia
Ph: (03) 5564 3344

Ballarat And District Aboriginal Co-operative (BADAC)

BADAC offers a range of services, spread across four sites within a close proximity to the main BADAC building.

Web: <https://www.badac.net.au/>

If you are a part of the Stolen Generation and are needing support, please contact the Stolen Generation Program at BADAC.

What we do?

- Social, emotional, spiritual wellbeing support
- Counselling
- Referrals
- Confirmations of Aboriginality
- Stolen Generation Presentations
- Research
- Family History Research
- Annual Healing Camps
- Client Meetings (bi monthly)
- Client Outings (bi monthly)

Contact the Stolen Generation Team:

Address: 108 Armstrong Street Nth Ballarat, Vic 3350

Ph: 03 5331 5344

The Social and Emotional Wellbeing Service is a Primary Healthcare service that specialises in Aboriginal Health Care, as well as servicing the wider community with their special needs. We offer a range of services including:

- SEWB Counselling
- Alcohol and Other Drug Counselling
- Youth Justice Support
- Men's Support Group
- Women's Support Group
- Making a Change (MAC) Program
- Psychological Treatment Services (Adult and Children)
- Badac Keela Borron (Parental Mental Health Project)

Contact the Social and Emotional Wellbeing (SEWB) team:

Address: 106 Armstrong St Nth, Ballarat VIC 3350

Ph: 03 5331 5344 (extension #3)

NATIONAL SERVICES:

Relationships Australia

A provider of relationship support services for individuals, families and communities, Relationships Australia has several programs specifically for Aboriginal and Torres Strait Islander People.

Relationships Australia Victoria (RAV) is committed to encouraging a culturally safe and supportive environment for all Aboriginal and Torres Strait Islander people who access RAV services across Victoria. RAV is committed to establishing processes that enable inclusion, respect and understanding.

RAV also provides support to people contemplating or going through the National Redress Scheme.

Ph: 1300 364 277 for nearest branch

Web: <https://www.relationshipsvictoria.com.au>

Email: Enquiries can be made through the website

Lifeline

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. For 24 hour telephone crisis support call 13 11 14. There are local lifeline centres in each state and territory.

Victorian service locations:

- Ballarat
- Central Victoria and Mallee
- Geelong Barwon Region
- Gippsland Inc
- Melbourne
- South Western Victoria

Ph. 13 11 14

Web: <https://www.lifeline.org.au>

Kids Helpline

A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

Free call: 1800 55 1800 (24 hours 7 days a week)

General enquiries: 07 3369 1588

Web: <https://www.kidshelpline.com.au>

Email: counsellor@kidshelpline.com.au

Beyond Blue

Services include counselling for people experiencing grief and loss. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

Head Office Address: PO Box 6100 Hawthorn VIC 3122

Ph: 03 9810 6100

Ph: 1300 224 636

Web: <https://www.beyondblue.org.au>

Email: Accessible through website

Headspace

Free online and telephone service that supports young people aged between 12 and 25 and their families going through a tough time.

Headspace has centres located throughout Australia, staffed with people who are trained and ready to help. If there isn't a headspace centre near you, you can get online chat and telephone support through [ehespace](#).

Free call: 1800 650 890

National Office: 03 9027 0100

Web: <https://www.headspace.org.au>

Email: accessible through website.

1800RESPECT

A confidential information, counselling and support service for anyone in Australia who has experienced, or is at risk of, family and domestic violence or sexual assault.

Free call: 1800 737 732 (24 hours, 7 days a week)

Web: <https://www.1800respect.org.au/>

Chat online: <https://chat.1800respect.org.au/#/welcome>