

# HEY YOU MOB!

**We understand a large COVID-19 cluster has been linked to North Melbourne, Flemington and Kensington suburbs, which resulted in a stage 3 lockdown that went into effect midnight on Saturday 4 July 2020.**

*We know this must be incredibly stressful and challenging.*

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](http://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](https://www.facebook.com/victorianaboriginalhealthservice) or  
[facebook.com/yarningsafenstrong](https://www.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](http://firstpeopleshealthandwellbeing.org.au)

**T:** 03 9070 8181 **E:** [info@fphw.org.au](mailto:info@fphw.org.au)

[facebook.com/firstpeopleshealthandwellbeing](https://www.facebook.com/firstpeopleshealthandwellbeing)

### KOORIE PRIDE NETWORK

Koorie Pride Network has a facebook group specifically for LGBTQIASB Victorian Mob at [facebook.com/groups/424002821687954](https://www.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.

## 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](http://vacca.org)

**T:** 03 9742 8300 Western **E:** [vacca@vacca.org](mailto:vacca@vacca.org)  
[facebook.com/vaccaorg](https://www.facebook.com/vaccaorg)

## 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](http://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

**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](http://vaccho.org.au/om/our-membership) | [vaccho.org.au/about-us/coronavirus](http://vaccho.org.au/about-us/coronavirus)
- **T:** 03 9411 9411 | **E:** [COVID-19@vaccho.org.au](mailto:COVID-19@vaccho.org.au)
- [facebook.com/VACCHO/](https://www.facebook.com/VACCHO/)



# 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**

# 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**

# 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**

## 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**

## 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.