



Multiple  
languages  
available



# Neighbours look after each other

— Manningham —

Local services are your neighbours and will  
always support you and our community.



**ACCESS**  
Health & Community

CELEBRATING  
**150** YEARS  
1869 - 2019

## Access Health & Community is one of many community services in your area.

Our services include doctors, allied health services, mental health and community support. Our services are designed to build happy and healthy communities.

We work in partnership with many other services to care for you in the best way possible.

This guide shows some of these services and the help available in your community. Many of the services and support are free or very low cost.

You can contact the services listed using the phone numbers provided or for more information you can search for them on the internet. There are also state-wide services with contact numbers that operates all day and night.

We only provide you with phone numbers but you can search for the services on the internet for much more information. There are usually statewide services that offer a contact number that operates all day and night.

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This guide is available in Greek, Simplified Chinese, Italian, Vietnamese and Farsi.

## Employment

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"I have recently lost most of my hours at work and I'm struggling to know if there will be more work for me soon?"

There are many options to use the skills you have or to get new skills. Centrelink can help you with money while you find a job, but volunteering or finding a short course in your local area will help you feel like you are moving forward.

### **Centrelink**

 136240

### **JobCo**

 9356 8600

## Transport


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"I am finding it more and more difficult to get to my appointments and do shopping and I have no family to take me."

Community transport can help you get these important things done. You may also want to get your groceries or medicines delivered.

### **Manningham Council**

 9840 9333

 **Family Violence**



"Arguments at home are now becoming a lot more personal and frequent My partner is always criticising me and calling me names. I don't know what to do?"


No one should feel uncomfortable in their own home. There are services that help people who are in similar situations every day. They will listen to you, provide support and can help you develop a plan to feel safe at home.

**If in immediate danger call 000**

**EDVOS**

 9259 4200

**Safe Steps**

 1800 015 188


 **Financial Help**




"Lately I've been struggling to pay some bills and I'm starting to fall behind on my rent. I'm not sure how I'm going to get through the next month."

Some people find talking to financial counsellors a good way to get on top of finances. Centrelink can also help you with support payments if you are between jobs and struggling with bills.

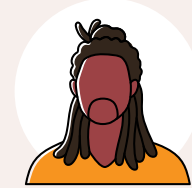
**EACH**

 1300 00 3224

**Anglicare**

 9896 6322


 **Food**



"Money is tight at the moment and I need to feed myself, my family and my kids. I need help to keep healthy food on my table for them."

Food packages, frozen meals or vouchers are available from many services within your community. Do not go hungry, they want to help.

**Doncare**

 9856 1500

**LinC Manningham**

 0423 334 383

 **Technology**




"A lot of information is online but I don't know much about computers and the internet costs a lot of money."


There are some easy and cheap ways to learn about computers, smart phones and the internet and get more up-to-date devices. Neighbourhood houses and local libraries, have tutors that run computer lessons or provide public access to computers.

**Manningham Libraries:**

**Bulleen**

 9896 8450

**Doncaster**

 9877 8500


## Homelessness



"I am not sure how long I can stay at the place I live in and I don't know where I can go."

You should always feel you can have a safe and secure place to live. There are services that can help you stay in your home or to find a new home.

### **Opening Doors**

 1800 825 955


## Alcohol, Medication and Other Drugs



"I've noticed I've been drinking most nights of the week. I'm finding it hard to cut down but I don't know who I can talk to."

There are lots of ways to get help with reducing your alcohol or other drug use. The alcohol and other drug service at Access Health and Community offers counselling and support and there is no cost to you.


### **AccessHC**

 9810 3070


### **Central Intake (Inner East)**

 1800 778 278

### **DirectLine (24 hours)**

 1800 888 236

### **Medication Support and Recovery Service**

 1800 931 101


## Mental health




"I've been feeling worried and anxious lately. Is there someone I can talk to?"

Reaching out for help is important. There are counselling and mental health services that can help with telehealth or face-to-face support. Many of these services are no cost as well.


### **headspace Hawthorn**

 9006 6500

### **Steps Mental Health**

 1800 378 377

### **AccessHC**

 9810 3070

## Carer Respite



"I look after my son who has a disability and I need to get a break every so often – just for a few hours."

Doing things for yourself or just having some time to yourself is very important and allows you to do care for yourself. Respite care can be arranged in a few different ways.

### **Manningham Council**

 9819 2629



"I really miss my friends  
and I don't know what  
to do with myself."



When we feel stuck or isolated, in many ways we may start retracting from the community around us. Just a simple phone call can help you connect with your friends or family. Why not see what is happening at your local neighborhood house or volunteer to a local organisation or group. You may find new connections and friends there too.


### **Pines Learning**

 9842 1839

### **Living and Learning at Ajani**

 9850 3687

### **Warrandyte Neighbourhood House**

 9844 1839


### **Access Health and Community is a registered community health service serving local communities for over 150 years.**

We offer a range of health and wellbeing programs largely funded by Government and available to all members of the community. Many of our programs are offered at no or little cost.

Our services include Medical, Dental, Mental Health, Allied Health, Disability Care, Carer Support as well as a range of social and community support programs.

Our main centre in  
Manningham is at 1020  
Doncaster Rd Doncaster  
East but we have locations  
throughout the City of  
Manningham.

Our full range of services can  
be found at:

 [www.accesshc.org.au](http://www.accesshc.org.au)

 (03) 9810 3000

Access Health and Community continues to provide a full range of services during the COVID-19 shutdown. This brochure is part of our community support.